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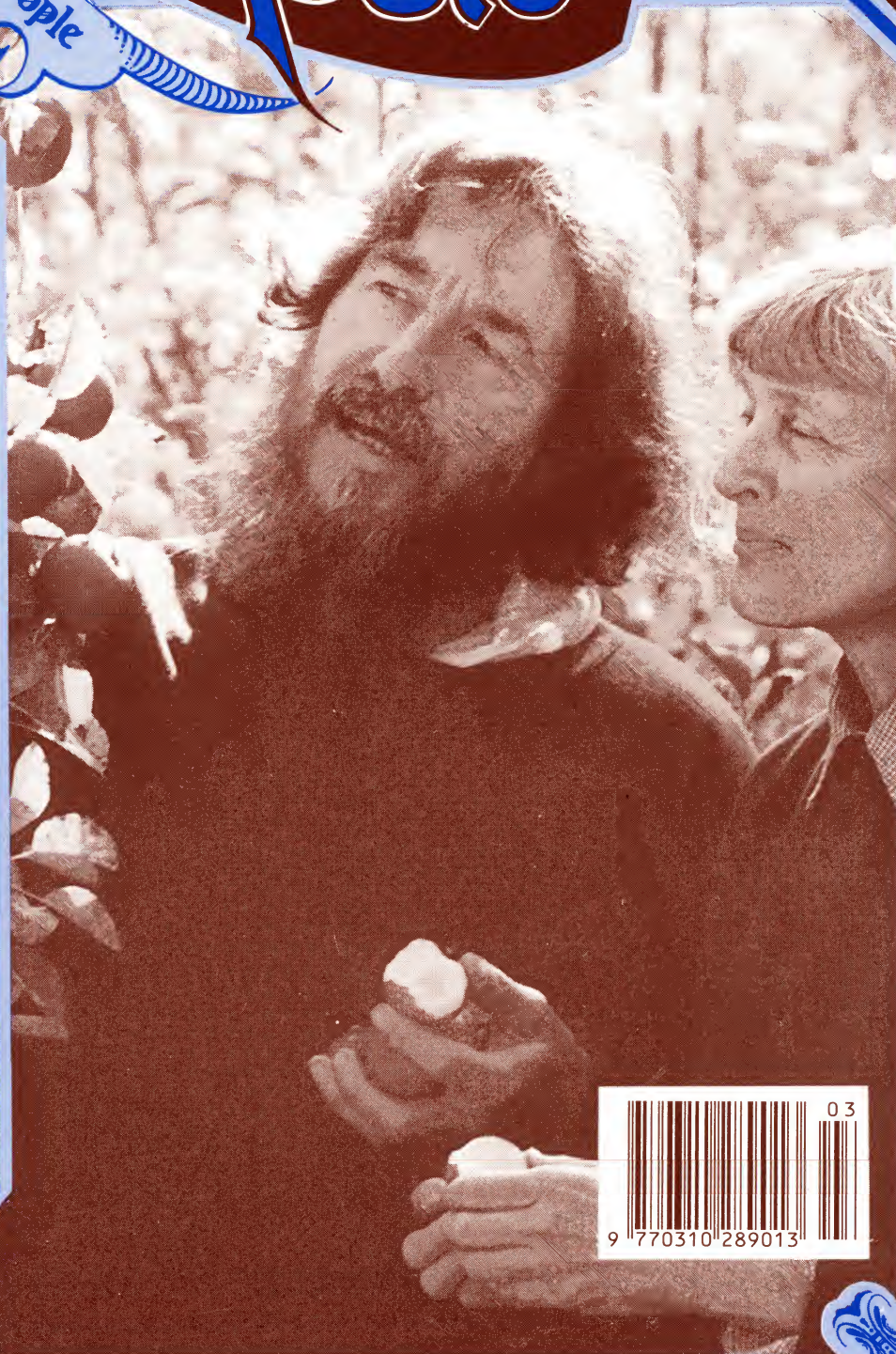
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- **Cob Building**
- **Hooked Rugs**
- **Miniature Pigs**
- **Using Neem**
- **Boer Goats**
- **Natural
Medicine Chest**
- **AND MUCH MORE**

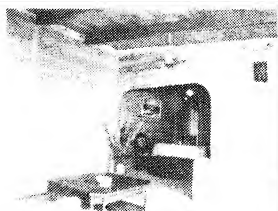


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Front cover: Clive and Margaret Winmill sample one of hundreds of varieties of heritage apples at their nursery 'Badgers Keep', near Castlemaine in Victoria. See pages 15-17 for more information about heritage apples. Photo by Mary Thompson.

Back cover: Pizza and bread can be baked in the Navaho bread oven, made by the cob building technique. No one is too young to help. Read more about the advantages of cob building on pages 7-8.

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Many people dream of a life of self-sufficiency on a few hectares in the country, others make the most of their suburban backyards. There are advantages and disadvantages whichever path you choose to follow. But, whatever form your dream takes, its chances of being successfully brought to reality are much higher with careful planning and a pragmatic appraisal of your own skills and capabilities. Steve Ireland describes how he and his wife Deb arrived at their halfway house and suggests that for many, 'Maybe halfway is as far as you need go!'

FINDING YOUR OWN PARADISE

THE EASY WAY

by Steve Ireland, Glen Forrest, WA.

Watching a small child walking for the first time is a wonderful thing. However, it is often only a few minutes after taking those first few shaky steps that an overwhelming desire seems to come over our offspring to try to run. The result is usually a headlong fall, pain, tears and a reluctance to try this caper again, at least for a few hours.

Parents and their adult friends usually nod wisely at each other at this point. 'They'll learn', they say condescendingly, as they brush the child down and rub his or her bruises. 'You've got to learn to walk properly, before you can run, mate.' How many people do you know who say this to their children, but seem unable to apply the simple principle to their own lives?

I'm no different from anyone else and regularly make this mistake. One thing I have learnt though is that trying to run before you can walk is more painful on some occasions than others. Running away from the city to a life of self-sufficiency in the country appears to be one of them. After all, it involves changing your home (extremely stressful in itself), relatively large amounts of money, a lot of personal pride and a very big dream.

I've been a *Grass Roots* reader for five years now and for most of that time lived in an inner suburb of Perth. I read the magazine from cover to cover each issue and am constantly amazed at the bravery of its readership, particularly those who move from our teeming state capitals to the wilds of Tasmania, the Northern Territory or Far North Queensland.

Mainly what we see are the success stories, or at least the stories where there is the chance of success – if the hard work is continued and the good luck holds. My guess is that most of the articles and letters the editors, Megg and Mary, receive fall into this category, as telling of your own perceived failure is a hard thing to do, especially in a pub-



Steve and Deb Ireland may never move further than their 'halfway house' not far from Perth.

lic forum such as a magazine.

However, a few brave souls do write showing the darker side of life in the country and of the problems they've tried to come to grips with. My feeling is most of them haven't failed, but have simply 'bitten off more than they can chew' or 'tried to run before they can walk' – you can choose your own metaphor.

To be precise, my belief is that many of us run from a small lot in a city, where we have learnt the rudiments of vegetable growing, to a large acreage somewhere at the back of Bourke where our only means of survival is to be wholly self-sufficient. With this kind of radical change, some succeed, many don't.

The practical reason for this kind of move often seems that the only relatively large amounts of land we can afford to buy lie in the more remote or less fertile areas of our sunburnt country. I think it is fair to say that most of us tend to be obsessed with buying the biggest

piece of land possible, in the often vain hope that this will enable us to grow more food, support more animals, etc.

Part of my reason for saying this is that my wife Deb and I nearly did this very thing. About two years ago, we came close to buying a small acreage in the far south of WA, near the beautiful Stirling Ranges. We looked at a number of properties in a relatively isolated but fertile area and, despite the attractions of two to five acre lots for under \$20,000, luckily resisted the temptation.

We were helped in our decision by the fact that for every well tended acreage we saw, there was one next door, usually for sale, where a small dream of self-sufficiency had died. One particular plot sticks in my mind, a tiny remnant of a paddock with a few dying lemon trees and a tiny shack-like dwelling, barely bigger than a garden shed.

With the low population density of the area, there was virtually no hope of



Steve and Deb have become proficient in many 'country' skills since moving to their house on half an acre of land.

any employment for my wife who is a clerical worker. Although I can work from home, much of my employment was still going to have to be negotiated with companies in Perth, over 400 kilometres away. We are okay at growing vegetables, but our experience with livestock was nil.

After weighing up the pros and cons, there was no question about it. Our chances of survival were even slimmer than those of the lemon trees on the forlorn block. A few days of despondency later, we trudged back to the Big Smoke for a re-think. What we decided was that we needed a middle ground. Somewhere we could get a little more to grips with country living. A kind of sheltered workshop, where we could work at our self-sufficiency skills at our own pace.

Our sub-quarter-acre block in Nollamara was too small for this. Besides, livestock of any kind was frowned upon – friends of ours in the shire next door had nearly been lynched by some neighbours and the local council for keeping a couple of chooks. It also looked likely that the housing density in our suburb was to be increased in the near future, with the usual increase in traffic, noise, etc.

We decided to spend our hard-earned savings on a move to the semi-rural fringes of the city, 30 – 40 kilometres from the centre of Perth. Instead of five acres and a new home, all we could afford was a half an acre or so and an old house, but we could keep chooks and,

depending on the zoning, maybe even a couple of sheep or a cow.

However, a half-acre sounded pretty small, particularly in comparison to our previous big dreams. Then we went to visit some old friends of Deb's who lived on a block of this size in one of the areas we were considering.

They kept chooks and weeros (cockatiels), grew their own vegetables and fruit and were self-sufficient and bushwise to a much larger degree than Deb and I. Also, their children seemed much more interested in falling out of trees and chasing the chooks than in Melrose Place and the Morphin Power Rangers. The kids seemed much happier and healthier than the city ones we knew – very important to us as we were hoping to start a family.

It took us 18 months to find a house on a half-acre that we liked, could afford and that didn't look like it was about to fall down. Since arriving here eight months ago, we've become proficient at wood chopping, slow combustion stoves, chook-sitting (when our friends go away on holiday), improving drainage and have increased our knowledge of living in the bush by at least 4000 percent.

We've now got our own chook run and there is the decision to be made whether to have Leghorns or bantams. We've got neighbours on all sides who can offer advice on the subject, when we're ready. Perhaps, for now, we'll have neither, as we are both pretty busy

with other concerns. The thing is, we've got a choice in the matter.

Living here has given us the chance to learn about self-sufficiency, while retaining some of the advantages of city living, but in a setting surrounded by animals and bush, rather than cars and units. Being relatively close to the city also means that we can keep up our income by commuting to work and are able to maintain a mortgage.

Looking at house prices in Perth, there isn't much difference in the cost of a quarter-acre block in an inner suburb from that of half an acre on the rural fringes. If you are content with a wooden or fibro house, a property in the Perth hills can currently be found for under \$100,000, if you are patient. If you are happy to go 40 – 50 kilometres out from the city and look hard enough, brick houses can be found for this price.

It's possible that we'll never take it to the next stage, say 5 acres 100 – 200 kilometres outside of Perth, but we will certainly be much better equipped to do this than if we had just lived in an inner suburb. Also, by buying a property in a growing fringe area that is likely to become more densely populated as time goes on, we should be able to buy a better property in the country than we could previously, due to the consequent appreciation in value of our land.

Why not try a halfway house for a while, before attempting the big move? Maybe halfway is as far as you need go!

MAINDAMPLE STEINER SCHOOL UPDATE

by Jo Armstrong, Mansfield, Victoria

Ongoing interest has come from an article in GR 82 (Dec 1990) on Steiner Education at Maindample in Victoria. Five years down the track the school is outgrowing its present site. A decision has been made to relocate the school into the township of Mansfield in order to become a more accessible and active part of the local community.

Hence the original school so lovingly hand-built is now on the market for \$87,500. The four classrooms and amenities engender a sense of wellbeing through the use of colour, natural materials and Steiner architecture. The one acre property is in a peaceful rural setting 15 minutes drive from Mansfield.

The new project will be a progressive and unique example of environmental responsibility and beauty. We are working with a specialist architect to achieve once again a building which is in sympathy to the larger landscape and at the same time contributing to an atmosphere of harmony, creativity and

wellbeing for the user. We are also investigating the feasibility of incorporating solar and wind power and perhaps in the future facilitating a regular organic market.

Steiner education provides a sensitive and enjoyable form of education interweaving academic subjects with art, craft and music to balance and develop the whole child. It is a style of education aimed at developing independently thinking, environmentally responsible and self-disciplined adults.

Further information on Steiner education, biodynamic agriculture, healing architecture and curative education can be obtained from any of the specialist bookshops:

Books for the Journey, 03-817-1763.

Celebrations, 03-725-5933.

Michael's Books & Toys, 09-337-5882.

Rudolf Steiner Book Centre and Library, 02-264-5169.

Anthroposophical Bookshop, 08-223-1841.

For a list of the 36 Steiner schools throughout Australia contact: The Rudolf Steiner Schools Association (03-876-2633) or ask the Sydney Bookshop for a directory (02-264-5169).

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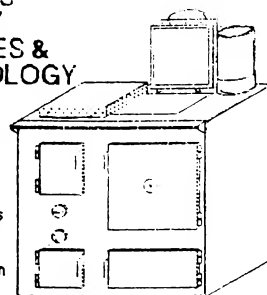
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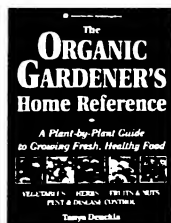
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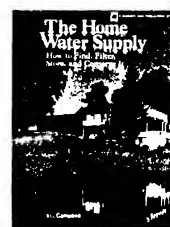
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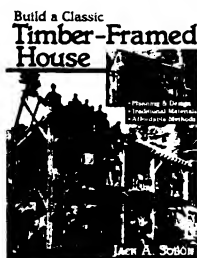
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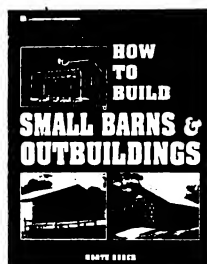
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COB BUILDING

from Linda Jeffcoat, Auchenflower, Qld.

The centuries-old method of cob building is undergoing a resurgence in popularity and being adapted to take it into the 21st century as more people rediscover its charm and versatility. A dedicated group of Brisbane permaculturists is holding a series of workshops on cob building techniques, as developed by Ianto Evans and Linda Smiley (based in Oregon, USA) from methods in use in England and Europe for centuries. Traditional knowledge is being adapted to local conditions and modern tastes and lifestyles. Costs are kept low by incorporating salvaged and natural local materials.

Cob is one of many methods for building with raw earth, the world's commonest construction material. It surpasses related techniques such as adobe, rammed earth, pise, and compressed earth bricks both in ease of construction and freedom of design. Since you don't need straight forms or rectilinear moulds, cob lends itself to organic shapes: curved walls, arches and vaults. Building with cob is a sensory and aesthetic experience like sculpting with clay. You can add on, cut out, or reshape at any time, even after the cob is dry.

The word cob is believed to be derived from an Old English word meaning a lump or rounded mass. Cob builders use their hands and feet to form lumps of earth mixed with sand and straw. Cob is easy to learn and inexpensive to build.

A TRADITIONAL METHOD

Unconsolidated, hand-formed earth is probably the world's commonest building material. Cob has been used for millennia even in the harsh climates of coastal Britain, as far north as the latitude of the Aleutians.

Throughout western Europe, many of the picturesque stuccoed or white-washed buildings are actually made of cob. In England today there are tens of thousands of comfortable cob homes, many of which have been continuously inhabited for up to 500 years. The durability and comfort of these valuable houses has sparked a renaissance in traditional cob centres such as Devon, where beautiful cob homes are again being built.

ENVIRONMENTALLY FRIENDLY

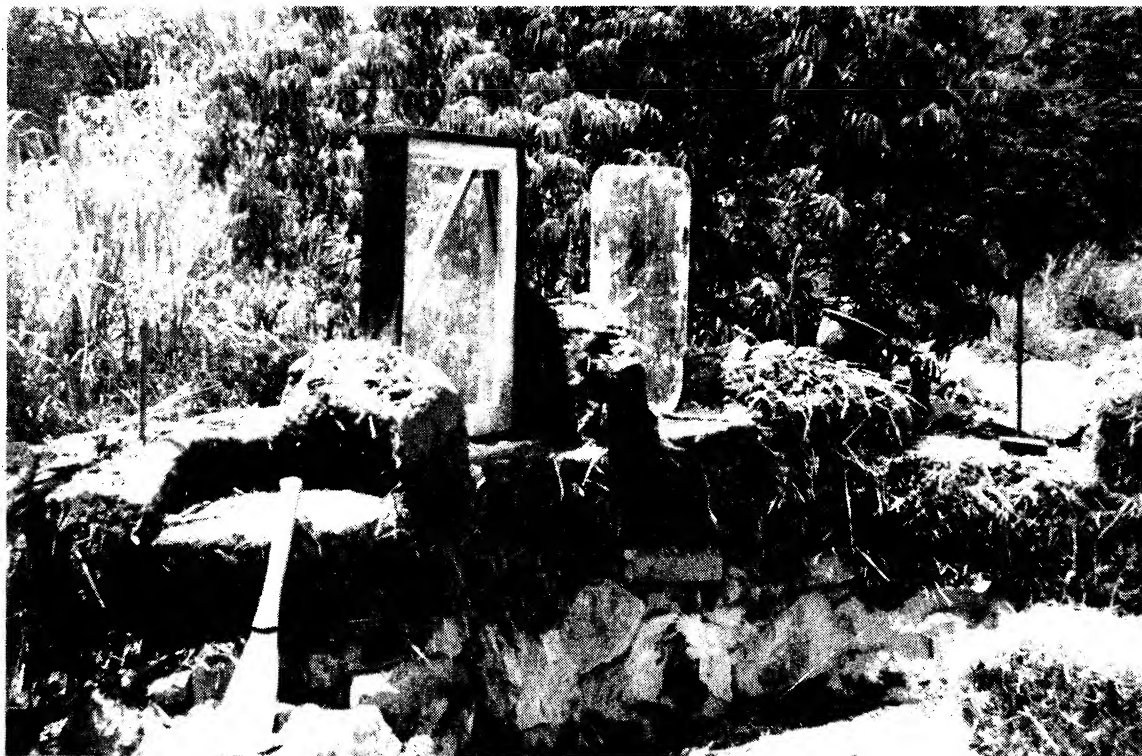
In recent years, with skyrocketing timber prices and increasing concern about

the protection of old-growth forests, a number of new timber-conserving building systems are regaining popularity.

Growing interest in natural and environmentally safe building practices is helping cob to enjoy a renaissance. This ancient technology doesn't contribute to deforestation, pollution or mining, nor depend on manufactured materials or power tools. Earth is nontoxic and completely recyclable. In this age of environmental degradation, dwindling natural resources, and chemical toxins hidden in our homes, it makes sense to return to nature's most abundant, cheap and healthy building material.

STABILITY

Cob is very resistant to weathering. Because of its porous nature, it withstands long periods of rain. However, too much exposure is best avoided by the boots and cap strategy: the building needs wide roof eaves to protect the walls and an impervious foundation. In windy areas a stucco of plaster or white-wash is traditionally used on exterior cob surfaces, but The Cob Cottage Company in the US, hasn't found this necessary at their western Oregon sites.



Windows being set in the cob wall, one is framed for opening, the other fixed for light only.

GRASS 7 ROOTS



Enthusiastic workers building a Navaho bread oven – age is no barrier.

No building system is earthquake-proof under every seismic condition, but cob buildings have several important advantages over other earthen buildings. The curved tapering walls of cob buildings are inherently more stable than straight ones; if they were to fail they would tend to fall out rather than inward. Since a cob building is one integral unit reinforced with straw, like a single adobe block, it has no weak straight-line mortar joints. Carefully constructed earthen buildings in Latin America have withstood earthquakes of enormous force, while nearby concrete and wooden buildings collapsed.

INTERIOR COMFORT

Winter visitors to cob buildings in Oregon comment on how warm and dry they feel. Cob walls 30 to 60 centimetres thick provide immense thermal mass and adequate insulation, ideal for passive solar construction. On clear winter days cob absorbs energy from the sun, then re-emits it in the form of heat at night, resulting in an extremely even indoor temperature. Cob structures require little extra heating in winter and remain cool and comfortable on hot days. As it is fireproof, cob can be used for building ovens, stoves and chimneys. It is possible to design a cob bench or bed heated by the flue of a wood-burning stove.

BUILDING WITH COB

The rate of cob building depends on

weather and the size of your workforce, but racing to build fast is missing the point and half the fun. Unlike conventional modern building with its frenetic pace, power tools, scope for errors and accidents, cob making is a peaceful, meditative and rhythmic exercise. In dry weather you can build up to 30 centimetres per day. It's necessary to allow each course of fresh cob to consolidate before applying the next one. Building cob is faster and easier with a crew, so it lends itself to community projects, building parties and workshops.

Materials

The basic ingredients of cob are soil, sand and straw. Under normal conditions the topsoil removed from the foundation of the building is enough to supply all construction needs. Clay soils require the addition of more sand than do silty soils, but the overall quantities of sand and straw needed for a modest cob building are surprisingly small.

Cost

Cob is one of the cheapest building materials imaginable. The owner-builder supplies the labour, building little by little in leisure time, or inviting friends to the excitement of hand sculpting a whole house. With inventiveness and forethought, costs of other components (doors, windows, roof, floors, etc) can be extensively reduced also. The Cob Cottage Company works primarily

with found and recycled materials and handworked timber. Using local materials such as poles, bamboo, native stone, and cedar shakes, their second cob cottage was completed for about \$500 (US).

Experience

Once the basics are understood, cob building is amazingly simple. In just a few days you can learn how to select materials, prepare a mix, form cobs, and build a simple wall. Workshops include other information that you will need to build your cob cottage: site selection, foundations, windows and doors, attachment of wood and other materials, detail work and finishing.

For information about cob workshops to be held 7-13 July and 6-12 October contact: Edible Landscapes, 37 Bangalla St, Auchenflower 4066. Ph: 07-870-3872.

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USING NEEM EXTRACT

by Dr Martin Rice and Joe A Friend, Qld.



In GR 98, were featured two articles about neem, one in the context of reviewing the available literature at the time and one of general information. From the neem tree is produced a versatile, environmentally safe insecticide which promises to revolutionise agricultural practices worldwide by providing a safe alternative to synthetic pesticides. This time we will attempt to answer some of the practical questions about how to use neem in any garden or farm situation.

In all home and overseas trials, purified neem (with azadirachtin) has been found to be totally safe and very helpful in managing very serious pests. Neem Extract is a purified extract of specially selected neem seeds, it contains 10 grams of azadirachtin per litre. It has the same concentration of azadirachtin as is found in quality neem kernels; all they have done is to remove the oily and tar-impurities and replace them with methylated spirits (to stabilise the azadirachtin).

ECONOMICS

Neem Development's Neem Extract is the most commercially viable neem-based pest management material in the world, costing less than \$30 per litre. Elementary cost-comparisons of Neem Extract diluted, versus synthetic toxins commonly available diluted to their respective recommended concentration rates, show that neem is no more expensive than the average of the others, at the rates recommended for use (being average rates in the case of neem, since most chewing insect species are more readily deterred by neem compared to most sucking/boring insect species).

According to Australia's longest-running user of neem extract (John Cifuentes, near Mareeba in Far North Queensland), as the seasons and years go by, with regular neem spraying in and under leafy crops (assuming a certain amount of 'drip' due to spray irrigation or to rain) neem-azadirachtins

wash into the topsoil whence they can again be picked up by crop feeding roots near the surface – possibly as low as a couple of centimetres down (no conclusive research yet on this has been performed). In such circumstances, say, after three to four sprayings of neem extract to leaf-wetting rate/'leaf drip', as much as 20 - 30 percent of your azadirachtins are beginning to be naturally bioaccumulated back into the growing tips of the crop plant(s) – or in the case say, of lettuce, into the growing enclosed centre so as to more perfectly ensure larval repellancy therein.

SPRAYING

Neem Extract forms a stable emulsion in water, and can be directly diluted with water to 1:500 – 1:20, prior to systemic or surface application with standard sprayers and misters. Use ultra-fine nozzles on fine (brass) spray. Only one known brand of plastic spray bottle (one litre) is of long-term use and does not clog in the nozzle – 'Canyon' brand (US). This is available I know from BBC hardware. Little tizzy spray bottles from department stores don't match up in quality or spray-jet the distance required to get to the top of high trees.

Users of Neem Extract have to be sure to spray in evenings to maximise uptake of azadirachtin through leaf stomata, and at the same time minimise destructive effects of UV by sunlight on the azadirachtins and various other of the 135-plus active chemical molecules (organic range) in the Neem Extract formulation. A third reason to spray at dusk is that many pest insects attack most vigorously at that time and after dark. Better to stop them laying eggs or have their eggs coated with wet neem as soon as they are laid.

GRASS 9 ROOTS

HOW TO TRIAL NEEM EXTRACT

In Australia, the use of neem seed extracts (containing deterrent limonoids, such as the azadirachtins) is still experimental. Each user should keep good records of pests controlled, application rates, weather, etc. This data will assist many future users. As with any new experimental material caution should be adopted in its use and disposal, and all the relevant state and federal laws complied with.

To Spray Plants

Mix one part of a neem extract (having 0.5% azadirachtins) into 25 parts of water (200 ppm), lightly wet entire plant surface. After this has proven to work, try lower concentrations – 1 in 100 (50 ppm), or 1 in 250 (20 ppm). For some uses, surface-sprayed azadirachtins have been successful at 1 in 500 (10 ppm).

Azadirachtins do not kill pests – they have no knock-down action. They deter feeding and reproduction slowly after a few days. Pests leave over a few days, any left do not grow properly. At the start, a second treatment the same week is sometimes needed. The following week, spray only once, to reinforce deterrence; then spray about every fortnight, to prevent re-infestation. Experiment!

Neem emulsifiable concentrates readily mix in water and are compatible with most agricultural spray spreaders, stickers, synergists, adjuvants, BT, pyrethrins, etc though these are usually not necessary. Experiment!

For Systemic Use in Plants

Mix one part of neem extract (having 0.5% azadirachtins) into 250 parts of water, pour on soil around roots. Roots absorb it and it is transported all over the plant, protecting it for up to two weeks or more. After proving this concentration, test it at 1 in 500 and 1 in 1000 (5 ppm).

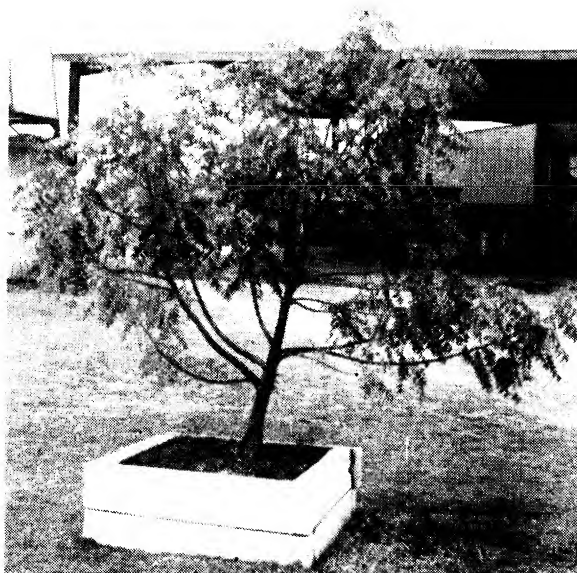
In some uses, systemic azadirachtins have succeeded at 1 in 5000 (1 ppm).

For Use On Animals

Place the animal in the open, away from flames, and lightly spray neem extract in a methylated spirit solvent (having 0.5 azadirachtins), to lightly wet the skin, avoiding the eyes and body openings. Repeat as required.

Worldwide, azadirachtins have proved to be the most effective and widely applicable insect control agents ever discovered. They cannot be toxic scheduled, because over 5000 milligrams per kilogram have zero toxic effects on mammals. For hundreds of years, millions of people in Asia have used neem in their homes and farms. Because of its outstanding safety, the American EPA has 'rapid tracked' neem's registration for the USA. They have registered at least five neem/azadirachtin insect control products for sale to the public. Several other US agricultural and domestic neem products are coming out soon.

In Australian agriculture, after nearly



A young neem tree flowering prolifically at Mt Garnet, a semi-arid climate 90 km west of Atherton.

10 years of use, neem remains an experimental material! Only one product (Liceguard, containing 1000 ppm azadirachtins) is registered here, for control of human head lice.

DILUTION RATES

Much data from overseas plus recent results of Australian research is now available. The following information dealing with concentrations of

	Species	Scientific Name	Dilution Rate in Water/ Meths (ratio)	Duration of Control
	(Insect/mite)			
	mealybugs	Various Species	1 ml to 10 mls	4 weeks
#	human head lice	<i>Pediculus humanis</i>	1 ml to 5 mls	3.5 weeks
	termites	<i>Coptotermes & Mastotermes spp</i>	1 ml to 10 mls	6 weeks
#	pet fleas	<i>Ctenocephalides felis</i>	1 ml to 5 mls	1 week
#	sheep lice	<i>Damalinia ovis</i>	1 ml to 10 mls	30 weeks
	sheep blowfly	<i>Lucilia cuprina, etc</i>	1 ml to 5 mls	30 weeks
	cattle ticks/dog ticks	<i>Boophilus microplus, etc</i>	1 ml to 5 mls	1 week
#	mosquito larvae	<i>Anopheline and Cullcine</i>	1 ml to 50 mls	1 week
	sandflies	<i>Culicoides spp</i>	1 ml to 10 ml	4 hours
	grain beetles	<i>Acanthoscelides, etc</i>	50 g per tonne	50 weeks
#	cabbage grub (white butterfly)	<i>Plutella, Pieris spp.</i>	1 ml to 30 mls	1 week
	cobworm/budworm	<i>Heliothis spp./Helicoverpa sp</i>	1 ml to 15 mls	0.5 week
#	cotton/black citrus aphid	<i>Aphis gossypii</i>	1 ml to 20 mls	1 week
	root nematodes	<i>Meloidogyne, Pratylenchus spp</i>	1 ml to 10 mls	1-6 weeks
#	grasshoppers (plague); most species	<i>Locusta, Valanga, etc</i>	1 ml to 15 mls	1 week
#	bean fly	<i>Ophiomyiaphaseol (Tryon)</i>	1 ml to 20 mls	1 week
	leaf miners/flies (citrus)	<i>Lifomyza spp</i>	1 ml to 50 mls	2 weeks
	brown planthopper	<i>Nilaparvata, etc</i>	1 ml to 50 mls	1 week
	scale insects; some species	<i>Coccus, spp</i>	1 ml to 20 mls + WA	4 weeks
	onion thrips	<i>Thrips tabaci</i>	1 ml to 20 mls	1 week
	whitefly	<i>Trialeurodes vaporarionum</i>	1 ml to 50 mls	3 weeks
#	banana sucking bug	<i>Amblypelta lutescens lutescens</i>	1 ml to 15 mls	1 week
	broad mite (pawpaw)	<i>Tylophagofarsonemus latus (Banks)</i>	1 ml to 15 mls	1 week
	red cedar tip moth	<i>Hypsipyla sp./spp</i>	1 ml to 20 mls	3 weeks

Note: # = Most easily controlled/suppressed pest.

Note: Insects are repelled, most are not killed. Birds and insect predators therefore can glean 'clean food' so not toxifying their digestive/reproductive systems. Some (only) adults of certain species are repelled into the bush, so birds get more tucker; larvae stop feeding.

Fungicide and Viricide:

Recent (1991-1992) research in US by USDA (Beltsville) shows neem-oil derivatives are fungicidal against powdery mildew and rust of beans.

Neem Extract, Petspray, Liceguard, neem seed,

WA = Add more wetting agent (drops)

neem literature and neem trees/seedlings suitable for most areas in Australia are available from: Neem Peace, PO Box 10, Machans Beach, Cairns 4870. Ph: 070-535-614. Fax: 070-536-754. A current mail order catalogue is available for \$3 from the above address.

GRASS 10 ROOTS

azadirachtin needed, and, duration of protection provided, are given as a 'rule of thumb' for usage. Because each pest control situation is unique, every user needs to experiment in determining the dosage and frequency of usage of azadirachtin that will be effective for their situation. These figures are based on the most recent results of research at the University of Queensland, the German ('GTZ') Government Agency and the US Department of Agriculture. Neem Extract as supplied is 0.5% Azad, therefore dilute to required percentage.

WORLD CLASS CRAFT FESTIVAL

Australia's international status as a craft nation will be further enhanced in 1995 with an amazing craft double. For the first time, The Australian Women's Weekly Needlework, Craft & Art Fair will run in conjunction with the Quilters' Guild Quilt Show to create a craft extravaganza at the Sydney convention and Exhibition Centre from June 29 to July 2, 1995.

The craft and quilt festival promises to deliver four days of world class craft workshops, exhibitors and displays, practical stage demonstrations and free hands-on experience. Visitors will be able to enjoy both events, under one roof and for the one price.

This year the festival will showcase Australia's leading and future talents, offering craft enthusiasts the rare opportunity to learn first-hand from experts such as quilter Margaret Rolfe. Highlights of the Quilters' Guild Quilt Show will be a collection of contemporary quilts, painstakingly created by their members, which will be exhibited in Nagoya, Japan, later this year. Also on display will be the Olympic Games entries from the Sydney to Atlanta Quilt Competition.

The prestigious Mitchell Tyrie Teddy Bears will also be on display under security. These exquisite bears are costumed by leading Australian celebrities and international fashion designers and later auctioned for charity.

All enquiries: Expertise Events, 02-977-0888, or fax: 02-977-0336.

PRUNING

When cutting back diseased limbs, do so in stages until clean wood is reached. To prevent infection being introduced lower down, wipe the blade of the saw with methylated spirits between cuts.

MINIATURE PIGS IN AUSTRALIA?

by Brian Doggett, Yarra Junction, Vic.

Due to tough import restrictions of Australian quarantine, it was always accepted that having miniature pigs in this country was only a pipedream. Many people have made numerous enquiries about importing pigs, embryos or semen. All have been disappointed as their enquiry hit the proverbial brick wall. But now it's official, we do have them! No, they are not imported pot-bellied pigs from Asia, England, Canada or America and they are not the Kune Kune pig from New Zealand. Pigs cannot be imported into Australia from anywhere in the world.

So, where did they come from? They came from Australia. That's right, born and bred right here in Victoria. When it's not possible to import what you want, the only alternative is to breed it yourself, and that's exactly what I've done.

In 1978, when I was farming ten acres on the Mornington Peninsula I was introduced to pigs through my then brother-in-law, Ray, and acquired a black sow and a Saddleback boar. These pigs formed the foundation to a breeding line that produced smaller than normal commercial piglets. The pet qualities of these pigs became quickly evident. One became so attached to me that it even went swimming with me in the farm dam on one occasion, almost drowning me in its endeavours to stay close.

By 1983 a small herd had built up and the property was no longer big enough. The decision was made to sell and move to a larger property in Victoria's Yarra Valley.

During the next four years stock was swapped and sold, then in 1987 I decided

that the pigs were shorter than they should be and so a boar of Large White origin was introduced to add more length. In 1981 a hybrid white sow was incorporated into the breeding programme.

Breeding continued until 1993. At this stage a line of small black and whites was well established and the whites were well underway. It was time to bring in colour. To achieve this I purchased a full Red Duroc cross boar. He proved to be a very willing worker, producing solid colour, spotted, and red with white sash.

Plans to release Australia's first companion pigs were laid down for 1996 or 1997. Due to circumstances beyond my control these plans had to be moved forward to 1995; as it happened, 'the Year of the Pig'.

Australia's first exotic auction was to be held on April 8th 1995 and I decided on this venue for their release. Lot one was a breeding pair. The bidding quickly reached \$5250. Lot two was a pet quality castrate. Bidding reached \$450. Since the auction strong enquiry from all states has resulted in the Australian companion pigs going to Talbot (Vic), Geelong, Drysdale, Phillip Island, Sale and Beaconsfield. Orders yet to be filled are from WA and northern NSW. I am about to have a herd reduction of pigs. This represents a wonderful opportunity for anyone to acquire an ACP or breeding stock.

The ACPs can be seen at the Weekly Times Country Living Show, Caulfield Racecourse, July 28-30. Readers wanting more information can contact: Brian Doggett, PO Box 36B, Yarra Junction 3797. Ph: 059-666-246.



Australian companion pigs, the result of an extensive breeding programme in Victoria.

SAFE USE OF GREY WATER A GREY AREA

by Margaret Tacey, Kialla West, Vic.

The shortage of water in Australia is prompting many householders to question why we allow a large volume of grey water from our washing machines, baths and showers to simply disappear down the drain. What was second nature to our country ancestors – the saving and re-use of washing water for the garden – had become outdated and somehow frowned upon as we became technologically advanced, affluent and wasteful. After all, who could be bothered bucketing the water out of the bath to save the tomato plant and the rose bush by the gate when a turn of the tap produced a 'never-ending' supply of clean water, while the dirty water was hygienically whisked away through the plumbing?

With the coming of severe drought conditions and water restrictions, even city folk began to re-think their water usage, realising that there is no 'never-ending' supply of water and, along with their country cousins, are wanting to know the best way to re-use grey water.

Some authorities say that a standard system for recycling water in the home is virtually impossible to create. Peter Lechte from the Victorian University of Technology spoke recently at the Australian Water and Waste Water Convention in Sydney. Among problems identified by his team from the civil and building engineering department, were big differences in water quality from household baths, showers and laundries. Factors such as choice of soaps, detergents, shampoos and household habits had varying impacts on water quality. Some grey water has several characteristics of sewage, which highlights the possibility of health and environmental risks in re-using grey water.

Grey water recycling is permitted under strict regulations in some parts of the United States. Regulations vary around Australia – it really is a grey area, with urban building and sanitation regulations being less flexible than in country areas where often a 'what they don't know, won't hurt them' attitude is employed by householders. A challenge such as this never stops a resourceful person. How can grey water

be re-used safely and simply? The simplest way is to put a basin in the kitchen sink to catch all the water used for washing, rinsing, washing vegies and hands and then to empty it on the garden. The same can be done in the bathroom and laundry basin. Bath, shower and washing machine water can be diverted via the drain outlet and either piped directly to the garden or collected in a drum for bucketing or pumping onto plants later. A drainage system can be constructed whereby grey water is filtered through a grease trap or sand filter.

It is recommended that the water be used on well-established plants, taking care not to splash foliage. Do not re-use grey water on your vegie crops, just water your ornamental gardens and fruit trees, but not acid-loving plants such as rhododendrons, azaleas and citrus trees. Rotate the garden areas using grey water so that you alternate waste and clean waterings.

CLEANING PRODUCTS

Re-use of grey water prompts us to look seriously at the cleaning products that we use in the laundry and bathroom. The quality and healthiness of your grey water depends on it. The rule of thumb is, the more natural the product the better your garden will tolerate it. Detergents full of phosphorus, salt, perfume, bleach, preservatives, enzymes and caustic will not only badly affect your garden, but will also affect the wider environment and cause some people to experience personal allergic reactions to them as well.

The safest way to know what is going into your cleaning products is to make them yourself. Pure soap has been made for thousands of years and is still the best detergent. Replace synthetic detergents with soap at every opportunity.

Washing soda (sodium carbonate) is a water softener; its addition to the water reduces the need for soap and gets rid of the soap scum deposit on clothes. A few tablespoonsful added to the wash will help with really dirty clothes. Used sparingly, it should not harm your garden. An alternative washing powder recipe can be found in Elsie Hoare's

article in GR 106, p 24, or in Robin Stewart's book *The Cleanhouse Effect*, published by Agmedia. Other natural cleaning products that will not affect your garden through grey water usage are bicarbonate of soda, vinegar and lemon juice.

If you don't have the time, or inclination, to make your own safe cleaning products, there is a range of nontoxic commercial products to choose from. The products and availability are listed below.

If you choose to re-use your grey water, remember to use natural cleaning products, do not use greasy water or water from nappy washing and rotate the garden waterings to alternate with clean water. If you avoid its use on food crops and do not have stagnant pools of water lying about, you should not experience health problems. Contact the sanitation department of your council to ascertain their stance, but be prepared for official answers prohibiting its use.

Safe Cleaning Products

Back to Basics

30 Mallop St,
Geelong 3220. Ph: 052-294-453.
Available from: Going Solar, Back to Basics shops, mail order.

Bio Products

25 Aldgate Terrace,
Bridgewater 5155. Ph: 08-339-1923.
Available from Going Solar or telephone for nearest retail outlet.

Tri Nature

PO Box 304,
Hunter Region Mail Centre 2310.
Ph: 049-282-199.
Available through distributors.

Herbon Natural Products

10 Concord Cres,
Carrum Downs 3201. Ph: 03-775-0224.
Available from health food stores.

Cliniclean Laboratories

Laidley 4341. Ph: 074-651-481.

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NIGHT OWL PUBLISHERS
PO Box 242, EUROA 3666.

HOT-WATER BOTTLE COVER

by Elsie Hoare, Berwick, Vic.

One of my favourite treats as a child was being allowed to sleep the night at my grandmother's house. Apart from the pleasure of being the sole recipient of her attention, at Nana's place there were such pleasures to enjoy as her old rocking chair, her album of ancient greeting cards and her pianola piano, which I could peddle and pretend to be playing the tunes myself.

Then there was the delight of drifting off to sleep in Nana's big, fluffy bed, with Nana beside me, all flannelette nighty and hair curlers. And joy of joys, the hot-water bottle was still there when I woke up in the morning. At our place there were only two bottles which were shared around the six of us, being whisked away as one pair of feet got warm, to the next bed and the next set of waiting, cold toes.

In the lean-to kitchen of Nana's three-roomed house, where water was heated either in a kettle on the stove or in the chip heater over the bath, the still-warm hot-water bottle was emptied next morning into a large, enamel dish for my prebreakfast wash, then hung to drain on its own hook on the wall.

Ah, the hot-water bottle; time honoured remedy for painful tummies, easer of aching muscles and joints, and comforter of sick children and lonely puppies. It is even more cuddlesome if it has a cover made for it out of some soft fabric. I made one from an elderly, felted jumper, just a simple bag with a draw-string neck. With an added touch of embroidery I think it would make a nice gift.

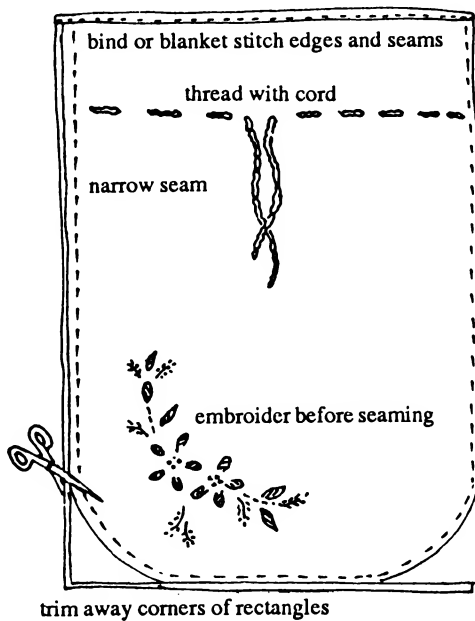
If freehand embroidery is not your thing, try tracing your chosen design onto a piece of tissue paper. Pin or tack the tracing to the work and stitch through paper and all. The paper tears away easily when the design is finished. This method works on just about anything you want to embroider.

If you are working a large design you may find it better to cut your tracing into five centimetre squares, working one square at a time, pinning the next piece in place as you are ready to work it. Tissue

paper tends to break up with continued handling and using smaller pieces helps to combat the problem. Don't be tempted to use unwaxed lunchwrap unless you've lots of patience. It's tougher than tissue and holds together very well, but removing it from the completed work is more time consuming.

To make a 'hottie' cover from a felted woollie it's best to use a jumper that hasn't gone too thick and hard. Save those for slipper soles as a softer fabric is more cuddly.

Hot-Water Bottle Cover



GRASS 13 ROOTS

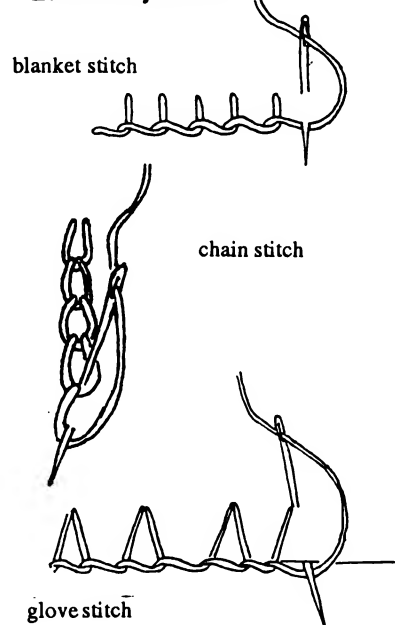


An embroidered hot-water bottle cover makes a pretty and unusual gift.

Cut two rectangles approximately 40 x 23½ centimetres. Or, to make your own pattern, trace round your hot-water bottle onto a sheet of paper, allowing about one centimetre for a seam. Round off the lower corners of the rectangles for a neat fit.

Embroider the pieces before seaming them together, placing wrong sides together, leaving one end open to form a bag. You can use a matching thread and backstitch, or coloured thread and chainstitch. Use a sewing machine if you prefer.

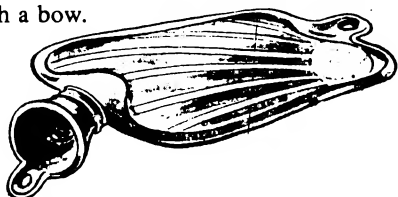
Embroidery Stitches



Next work a row of blanket stitch, glove stitch or crochet round the seam edge (I used glove stitch). Work round the next edge in the same way. Alternatively, bind all the edges with bias binding.

Crochet a 66 centimetre cord, or twice as wide as the bag plus enough to tie a bow. Thread the cord into a bag needle or bodkin with a large eye and, working through the fabric, lace the cord round the neck of the bag approximately eight centimetres down from the opening. If you have trouble pushing the cord through the felted wool use a nail or knitting needle to make the holes big enough. You could use narrow ribbon instead of cord.

Your hot-water bottle cover is now ready for use. Slip the filled bottle into the bag, pull the cord firmly about the neck and tie it with a bow.



CHOICE POTATOES

Potatoes are always available in the shops, but they're not always fresh. As the potatoes' natural sugars turn to starch, the flavour diminishes. Choose firm, unsprouted potatoes from a bulk display, not in plastic bags as they tend to spoil sooner. Store in a dark, dry place in a paper bag. Never store apples or onions with potatoes as the gases given off by the onions hasten spoilage. Do not store potatoes in the refrigerator.

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'HERE'S TO THEE . . . OLD APPLE TREE'

by David Miller, Shepparton, Victoria.

It is difficult to imagine meeting someone who has never seen an apple, let alone tasted one, but in a way this has happened to all of us, because an apple just isn't any apple. In the recent past there were hundreds of varieties of apples which nurseries made available to their clients through price lists and catalogues each year. In the United Kingdom alone, about 6000 varieties of apple have been recorded as being in existence at some time or other over the last few centuries. In Australia, the figure is about 2000 varieties in our short two centuries of history, with some of them coming from Europe, America and Canada. Most of these have been lost to the so-called advances of the new social and industrial age and the requirements of a new merchandising and distribution system.

THE DECLINE OF VARIETIES

Over the centuries, apple varieties were propagated because they met a wide variety of criteria. Flavour was important, but so were factors like colour, the time of ripening, and suitability to local conditions. They were also grown for special uses like cooking, or cider making, and some were grown because they could be safely kept in storage longer. Often different villages or regions had their favourites and others were grown because they suited the local soil and climate.

Unfortunately, to be successful in a modern society, the apple had to be tough – not delicate and subtle – and most varieties were not robust enough to meet the stringent demands of sorting, waxing, polishing, packing, storage and transport over long distances. Even when on display they had to survive being picked up, squeezed, then put down again. Modern orchards could only manage to grow about five varieties because they had to avoid congestion and a multitude of labels and packaging. No one wanted the varieties of cooking and cider apples any longer because they could buy cooked apples in tins and cider in bottles.

So what has happened to all the old varieties of apple that have been grown in gardens and on small farms over the centuries? Many of these old favourites have been lost and only their descriptions remain in antique gardening

books. But there is a small and growing band of apple enthusiasts dedicated to preserving these old varieties and keeping them available for gardeners and farmers interested in home-grown fruit of better quality and flavour.

BADGER'S KEEP

Clive and Margaret Winmill started Badger's Keep nursery at Chewton, near Castlemaine, Victoria, in 1975. They had always been interested in old-fashioned plants from a self-sufficiency viewpoint and, because they lived in an area rich in the history of gold mining and discovery, they tried to re-create their own garden as it used to be in the boom times. They were then employed by a local nursery, whose owner once remarked that they had such a broad collection of useful and classic plants, they should start their own business.

This they did, selling self-sufficiency and cottage garden species, and importing many more to meet the demand. This interest made them aware of the many apple varieties that were lost or slipping into obscurity and they decided to do their best to preserve them. Their first offering of a large range of old ap-

ple varieties was in 1985. This effort started a movement to preserve those varieties still in existence by restoring their rightful place in the market, and increasing the demand for them.

The work involved in rescuing a variety is quite extensive. Clive and Margaret must first collect the seeds or budwood, produce and plant the trees, and wait a number of years for the fruit to ripen so they have enough information to determine the correct name of the variety. This involves assessing about 50 characteristics of the plant which are cross checked sometimes using 25 references. The Winmills aim to identify about 25 new varieties each year because the trees themselves take so long to produce the fruit, which must then be kept to determine its keeping quality, and then half a day of reference work for two people for each authentication.

One of the main problems in collecting varieties is that you never know whether the variety is accurately named when you get it from the grower. Many varieties have been handed down from one generation to another with loose common names attributed to them. It



To correctly identify varieties an exhaustive checking and cross checking procedure assessing about 50 plant characteristics must be carried out.



With 1500 apple trees on the property, representing 900 varieties, the Winmills of Badgers Keep have a huge selection of fruit to sample.

takes a thorough investigation to make sure they are actually a distinct cultivar and exactly which one. Also, the trees reproduce sexually, so it is virtually impossible to reproduce a true variety from seed – the seed is usually the result of cross-pollination with another variety. Grafting is the only accurate way of reproducing and stabilising varieties and a large supply of grafting wood and rootstocks must be available. The Winmills have about 1500 apple trees on their small farm and these represent about

900 varieties, of which only about 600 have been authenticated to date.

As a guide to growers, Clive and Margaret produce a booklet *Appletrees Old and New*. This includes information on the range of varieties available, their characteristics and uses, with notes on planting and pollination. Most sales are to people wanting the old varieties to grow for themselves in their home garden or small orchard. Many want specific varieties that their parents or grandparents used to grow at home. Others want to produce apples throughout the season, perhaps for different purposes like cider making, cooking or keeping, so choose appropriate varieties using the lists and charts in the Badger's Keep book.

Trees cost \$14.50 and are freighted all over the country in July and August. They are up to 2 metres tall and are grown as a single trunk which can be pruned by the grower to fit into any orchard system. Young trees with all their roots intact seem to transplant better and grow on strongly.

The Winmills have found many owners of small properties would like to start an orchard of old-fashioned varie-

GRASS 16 ROOTS

CONTACTS

Apple growers are in the southern, temperate parts of the country where the climate best suits apple production.

Clive and Margaret Winmill
Badger's Keep,
Chewton, Victoria, 3450.
Ph: 054-723 338.

Send for their invaluable 70 page descriptive booklet *Appletrees Old and New* (cost is \$7.00 including p&p) on growing different apple varieties and selecting those suitable for the home orchard. It includes a list of hundreds of different apple varieties with fascinating details of their origin, characteristics and growing requirements. Apple trees are also for sale (\$14.50 each) and specific varieties can be ordered a year or more in advance. Badger's Keep is only open for those collecting ordered trees in July and August.

Petty's Orchard,
Melbourne Water,
Homestead Rd,
Templestowe, Victoria.
Ph: 03-9846 4499.

Petty's Orchard has been created by Melbourne Water. It has over 200 apple varieties and is open once each year in late March for Petty's Antique Apple Festival where they sell the apples grown in the orchard to the public. Watch the papers for news of the festival each year.

Keith Robertson,
20 Gardiner St,
Creswick, Victoria, 3363.
Ph: 053-452 877.

Keith has a small orchard of over 200 varieties and he is adding more each year. For a modest entrance fee, Keith runs tours and tasting sessions of the different apple varieties. These are conducted during the growing season, from late January to mid-May. This is virtually the only opportunity you have of seeing and tasting the different varieties and is useful when making a selection for the home orchard. Keith doesn't sell trees.

Bob Magnus,
Woodbridge, Tasmania, 7162.
Ph: 002-674 430.

Bob grows trees for sale on dwarfing rootstocks and mail orders them throughout Australia from his farm in southern Tasmania. Write for Bob's catalogue and price list and order immediately as different varieties sell out quickly.

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ties so they can sell fruit direct to the public. These people choose up to 30 varieties for an orchard of 100 trees and plant them one to two metres apart. This close planting means more trees per acre and the trees are dwarfed through competition, making them easier to manage. An orchard must be planned more than a year in advance and the varieties selected and ordered. Selection is often based on what will sell in the local area and at weekend markets. People often remember the apple varieties of their childhood like Cox's Orange Pippin, Bramley's Seedling, Peasgood's Non-such, London Pippin (Five Crown), Lord Nelson and the Snow apples that all children love. Many Dutch people also remember the Belle de Boskoop apple their parents grew. These and other varieties may sell well in local areas and bring back fond memories of childhood. They also have that unique appearance and subtleness of flavour not present in today's commercial varieties.

The Winmills suggest an orchard of five to ten trees of a substantial number of varieties to test the market. It will be four years before fruit is produced in commercial quantities, but if a particular variety does not prove popular, the trees can be reworked with another and production is not really lost. Other considerations of importance to the intending apple producer are the number of predators of apples and trees – from rabbits through domestic livestock to possums and parrots – and the provision of rodent-free cool storage for the fruit. But the Winmills stress plenty of reading and research beforehand. The library is always a useful source of information and it should be used to the maximum, along with one or two books on the growing of fruit for Australian conditions.

KEITH ROBERTSON

Like many enthusiastic growers of apples, Keith Robertson found it was difficult to select varieties of fruit that were not commonly available, so he has planted out a small area of his farm at Creswick, Victoria, with over 200 varieties for visitors to see and sample. Keith is adding more varieties to the orchard each year and opens on weekends and public holidays throughout the growing season. For a small admission fee, he will take visitors on a tour of the orchard which is only a short walk because the many varieties he has are closely planted. This facilitates comparison and visitors can easily appreciate

variations in tree size and shape, fruit size, colour, shape and ripening time.

BOB MAGNUS

Bob has a small orchard on his flower farm in Woodbridge, southern Tasmania. He is situated near the state government collection of apple varieties, maintained by the Agriculture Department. Cost cutting has placed this important collection in jeopardy twice, but protest campaigns have saved it each time.

Bob sells more than 100 varieties of

apple throughout Australia each year. His trees are on dwarfing rootstocks and are mailed throughout Australia by post in 90 centimetre tubes when they have reached a height of 80 centimetres. Dwarfing rootstocks produce smaller trees, which attain heights of no more than 3 metres, and which fruit in one to two years. They are also easy to grow on espaliers, in areas of limited space, and predator control is very easy because you can easily cover the entire tree with netting.

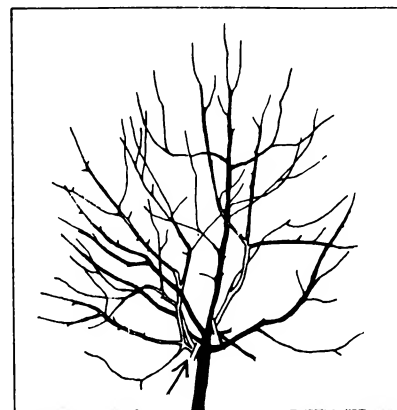
PRUNING TIME

It's snipping time again – the season for pruning much of your garden. Many gardeners prune trees and shrubs throughout the year. However, the best time to prune is towards the end of winter and during early spring. This is the best time to snip weather-weary trees, shrubs and plants to life.

Pruning will improve the appearance of native plants and encourage bushy growth as part of the regeneration process. Remove dead wood because insects and disease thrive on it. Eliminate spindly or poorly developed wood because plants waste energy supporting these areas to the detriment of the healthy parts of a tree or shrub. Branches which cross one another should be pruned because rubbing branches damage bark and leave the tree open to disease. Any growth developing into a Y-crutch should be removed because limbs get heavier as they grow and tend to tear where the angle between the limbs is wide. Flower growth can be promoted by removing excess growth, which allows plants to channel their energy into flower and fruit production.

With fruit trees it is necessary first to identify the tree type to ensure the right pruning technique is adopted. You should establish the age of the wood that produces the main fruit crop and identify which buds contain flowers. Horizontal branches bear the most fruit and all fruiting spurs should be left. Deciduous plants are best pruned in winter when the plant is bare.

Weatherbeaten natives become unattractive if neglected for a couple of years. Removing the tips from shrubs will produce a denser, sturdier growth. It is also important to keep a close watch on ground covers. Left unchecked, they can choke nearby plants. Ground cover should be trimmed to contain it and prevent straggly growth.



Too many branches are growing from one spot on the trunk. Cut as shown to develop a strong central leader and encourage good branch development.

Roses need special attention. After planting, the top shoots on roses should be pruned and stems cut back to 15-20 centimetres from the ground to a well developed bud that points in an outward direction. Water shoots, which are pinkish in colour producing multi-headed flower displays, replace older stems. These shoots should be lightly pruned.

A comprehensive guide to pruning is *Pruning Simplified*, by Lewis Hill, Rodale Press, ISBN 0-87857-249-X. It was published some years ago so may only be available through your library system.

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BACKYARD CONVERSATION

by Jane Rice, Hughes, NSW.

We have kept backyard chooks successfully for many years, and have regularly given our surplus eggs to a retired maiden lady living nearby. Our elderly friend is a devotee of alternative medicine. She has a bathroom cupboard stacked with herbal remedies, and is a keen subscriber to naturopathic magazines of the zanier kind. Recently she read that fertile eggs had superior nutritional value and on her last visit expressed a desire to see our rooster.

I led her out to the chookyard where the birds were fossicking around in their usual desultory fashion. A couple abandoned their dustbaths and advanced towards us in the hope of scraps. The rooster, very aware of our approach, eyed us with suspicion.

'Are all your eggs fertile?' she asked, watching the bird.

'I should think it highly likely', I responded. 'But I wouldn't stand up in court and swear to it.' There was a pause. The rooster decided that, since we were carrying no food, we were up to No Good.

'Oh,' she said. 'That rooster... I mean... does he?... is he?... does he?...?'

'Impregnate?' I suggested helpfully.

'Yes,' she said gratefully. 'Does he do it to *all* the chooks?'

'I don't know. I've never watched him. He may have favourites for all I know.'

She continued to watch the bird steadily.

'Oh... er... does he do it often?'

'The whole bloody day,' I responded cheerfully.

The rooster, having decided our intentions were dishonourable, was now dancing towards us sideways in a markedly hostile manner. His tail plumes swept the ground, his hackles were up and his golden ruff stood out around his neck. Clearly, making war, not love, was on his mind.

'Oh, is he going to do it now?'

'I shouldn't think so.' I replied, taking rapid evasive action, while the bird flung himself, spurs first, at our legs. Firmly, I led the way out of the yard.

'How can you tell if an egg is fertile?' she persisted.

'I can't.' I said. 'Unless I candle it.'

'What's that?'

'After an egg has been in the incubator for a week. I take it out in a dark room and hold a pencil torch to it to see if there's been any development of the embryo.'

'You can see the chick?'

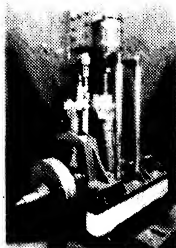
'Not exactly. If the egg is fertile, I can see the development of an air sac at the blunt end of the egg. But you wouldn't want to eat the egg at that stage.' I added hastily.

'Oh. So there's no way of knowing if an egg is fertile just by looking at it?'

'Not that I know of.'

By this time, we had reached the driveway and her elderly but meticulously kept VW. I helped her into the vehicle and handed her carton of (probably) fertile eggs through the open window. She backed out and drove away. A triumphant crowing from the backyard announced that our rooster had successfully routed the enemy. Clearly, he doesn't care for voyeurs!

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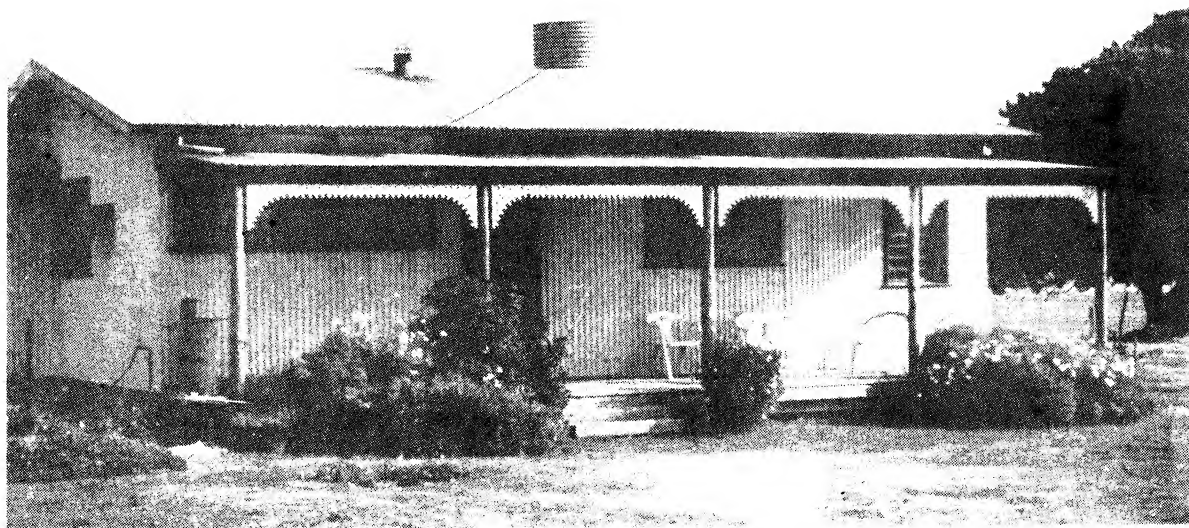
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FARM STAYS ARE FUN (and profitable too!)

by Brenda Matson, Longwood, Vic.



The old shearers' quarters was renovated to become a comfortable self-contained cottage.

An increasing number of visitors to Australia, and many Australians, have experienced farmstay holidays and bed and breakfast overseas. However, here in Australia itself, host farming is a relatively new industry. A number of farmers and country residents nationwide have opened up their properties and offer accommodation to paying guests. As well as farm involvement, a wide range of activities may be available including bushwalking, bird-watching, fishing, swimming, horse riding, canoeing, gold fossicking and sports.

Host farms are commercially operating farms, providing varying degrees of hosting and farm involvement, often dependent on seasonal farm activities. This provides guests with an opportunity to become part of the general farm scene, either by participation or observation. Most families enjoy taking part in feeding chickens, ducks, lambs, calves, collecting eggs, pony rides and hay rides behind the tractor. The demand for this more personalised form of accommodation as an alternative to hotels and motels is increasing from both the domestic and overseas tourist. It is not only attractive to the recreational traveller in terms of dollar value, but also provides an opportunity to see

first-hand how a working Australian farm operates.

My husband Graeme and I have operated 'Vinegrove Galleries', our host farm/bed & breakfast in Longwood for approximately four years and over that period of time have seen our business develop in many and diverse areas. The concept of Vinegrove Galleries was born out of a desire to escape the rat race and possess our very own farm far from the maddening crowd, a popular and romantic dream for many city folk.

We soon learnt however that making a living off the land is nigh on impossible these days if approached in the traditional manner. When Vinegrove, a former market garden on 200 acres, was purchased I was working full time as a senior secretary in a nearby regional city and Graeme ran his own plumbing business. Not long after we moved to Longwood the bottom fell out of farming, with farmers shooting their sheep and the protected floor price for wool being removed. Keeping the dream alive became almost an impossible task. It was time to sit back and reassess the situation and make what we had available to-us (a small slice of heaven in the form of our farm) work for us.

Our genuine interest in and ability
GRASS 19 ROOTS

to communicate with people became another positive on our side and we decided to turn these talents into making a living from the property we both loved so much. After making contact with our local municipal council to ascertain their requirements regarding planning and health permits, the farm became a tourist operation, albeit in a small way.

As well as host farm/bed & breakfast, we are a rural retreat for artists, with myself as resident artist. We run tutored art workshops throughout the year with well known Australian artists in attendance and also cater for many art societies and art groups who want a painting holiday without tuition. Crammed full of subject matter for artists to paint – trees, wildlife, farm animals, the Strathbogie Mountain Range in the background – the potential for yet another source of income became a reality. Part of the original shearing shed was converted into a unique art gallery, housing local artworks and that of top Victorian artists. This building also houses my studio. The original shearers' quarters has been renovated and is now a delightful self-contained Victorian-style country cottage which accommodates up to nine guests.

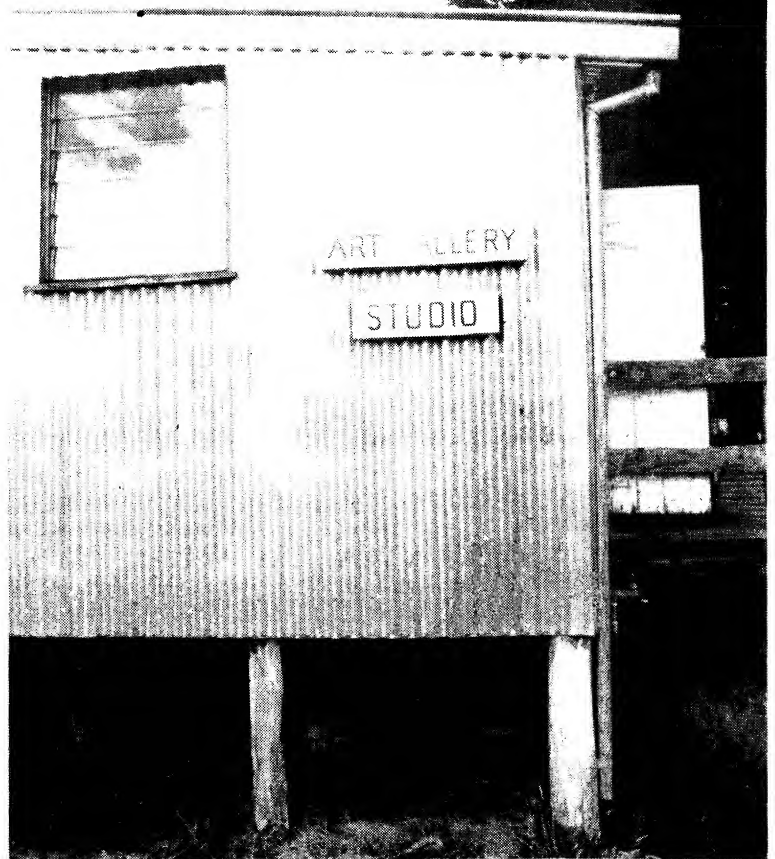
For anyone thinking of offering



Workshops are held in the atmospheric shearing shed gallery which also contains displays of work from local artists and serves as Brenda's studio.

The shearing shed gallery. The no-nonsense exterior belies the rustic charm of the gallery-cum-studio inside.

One of the pet goats which enjoys attention from visitors.



GRASS 20 ROOTS

farmstay accommodation, it is an emotionally rewarding experience, but be warned, although some guests are seeking the privacy of a rural retreat, others will want to be part of your daily farming routine and you need to be available for them virtually on call. The rules and regulations pertaining to B&Bs have recently been relaxed. Providing your council has adopted a Local Planning Scheme amendment by the Municipal Association of Victoria, it is possible to operate without the need for a planning permit, provided that no more than two bedrooms are used for guests and not more than five people are accommodated at any one time. It is possible that your particular council has introduced some overriding controls. Check to make sure.

Council will also be responsible for local health issues from the Health Department and therefore responsible for the health aspects of your operation. If you keep within the above occupancy numbers this may not have a bearing on your operation. Again, check first!

Public liability insurance is another necessity. Your normal householder's insurance policy that has a public liability clause will not be adequate to cover home hosting. The minimum cover taken out is normally five million dollars. Contact your usual insurance company, agent or broker to discuss this.

With regard to your legal obligations, the bottom line is, if you offer something you must provide it. Your potential guests and others have the right to receive what you have promised them and, if they don't get it, they can sue you for any resulting loss. If you offer accommodation, you must provide it.

There are numerous host farm organisations in Victoria but you are probably better to make your initial enquiries through the Victorian Tourism Commission, 55 Swanston Street, Melbourne, 3000 and the Small Business Development Corporation, 1st Floor, 100 Exhibition Street, Melbourne, 3000, or parallel organisations in other states.

When you accept a booking through any hosting organisation you will of course be expected to pay a commission, the percentage will be determined by the organisation(s) you belong to.

After you are up and running, advertising will probably be your biggest expense. It will also be the most vital part of your business and because of the high cost involved it will be necessary to target advertising customers most likely to



Brenda and Graeme Matson make the most of what they have in order to make a living from their property.

want your product or service. There are many worthwhile B&B and Farm Stay Directories where you can be listed. A brochure of your own is very important. It does not have to be elaborate and colourful, just well set out, stating everything you have to offer, perhaps a 'mud map', nearby attractions, contact name and number, etc.

We have, as yet, not become financially independent through our venture, but, together with Graeme's plumbing and my secretarial services, our home-

based business is steadily paying its way. Most importantly, we have established some wonderful friendships both internationally and here at home. I believe hard work, determination and the ability to find a positive solution to the obstacles life tosses one's way will see our venture flourish. Mind you, a little bit of good old-fashioned luck helps as well!

Brenda and Graeme Matson can be contacted at Vinegrove Galleries, RMB 2880, EUROA 3666. Ph/fax: 057-985-283.

Heritage Seed Curators Association

In July the Heritage Seed Curators Association publishes the next issue of its newsletter

THE CURATOR

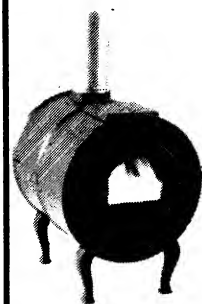
This issue will have 45 pages listing varieties of vegetables and fruits and where to get them from via HSCA members. Copies of *The Curator* are available only to members.

Membership costs \$20.00 per annum.

To join or get more information write to:

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WINTER SURVIVAL OF EXOTIC FRUITS

by Neville Passmore, Landsdale, WA.

Many plants from tropic and subtropic climes need protection during their first two or three winters before they can go it alone. Lychees and pawpaws are two such plants. More of these plants perish through cold 'wet feet', leading to root-rotting fungal infection, than are lost through frost. Frost will severely damage or even kill young lychees and white sapotes, yet mature trees can smile through -1°C and -4°C respectively.

FROST PROTECTION

If you live in an area of frost susceptibility, a lean-to or cover of shadecloth, hessian or clear plastic film will help. If using clear plastic allow generous ventilation at the top. Hessian or shadecloth may be used provided the covering is not so close as to exclude all light. A large paper or plastic bag placed over the tree traps warm air around the foliage.

Protect the roots from frost damage by spreading a finely textured mulch around the base of the tree. Even newspaper works well as a frost protecting mulch. A film of water over the foliage helps too, so at first sign of frost turn the sprinklers on your trees.

If your plants are hit by frost, most damage occurs as they thaw out, particularly if this happens rapidly, say as the sun's first rays heat them up. If you can shade your plants during this time you will reduce damage considerably.

Another frost-foiling strategy relies upon planting susceptible plants near buildings or established trees. These larger bodies radiate some heat through the night. Alternatively, you can plant these intolerant kinds into tubs which can be moved to a shaded spot, or even indoors, in frosty times.

WINDBREAKS

Cool or cold winds quickly strip warmth from plants. Windbreaks can really make a huge improvement in the environment for your warm climate plants. The most effective windbreaks are those that deflect and dissipate a wind, rather than a solid wall which will create turbulence, sometimes more damaging than the full blast of wind. A staggered planting of fast growing bushy native shrubs deflects and breaks up the wind into small minor eddies, offering protection for an area up to 15 times the height of the screen.

Recommended windbreak plants in-



clude melaleuca 'Revolution Green' (*M. nesophila*) the honey myrtle, bottlebrush 'Kings Park Special', and some of the low growing gums like *Eucalyptus lehmanni* (the bushy yate) and *E. platypus*.

Shadecloth and hessian both make excellent windbreaks for the same reasons. During the winter months a surround of either of those materials will cut wind damage and help keep the plant warmer at the same time.

PROTECT FROM COLD WET FEET

Spread a layer of mulch approximately 5-10 centimetres in depth around the base of the tree, then spread a layer of black plastic sheeting over the soil and mulch. Weigh this sheeting down with bricks, stones or wooden blocks of about 10 centimetres in diameter and thickness. Stretch a heavy duty clear plastic sheet over the stones and weigh down the edges with more bricks or with soil.

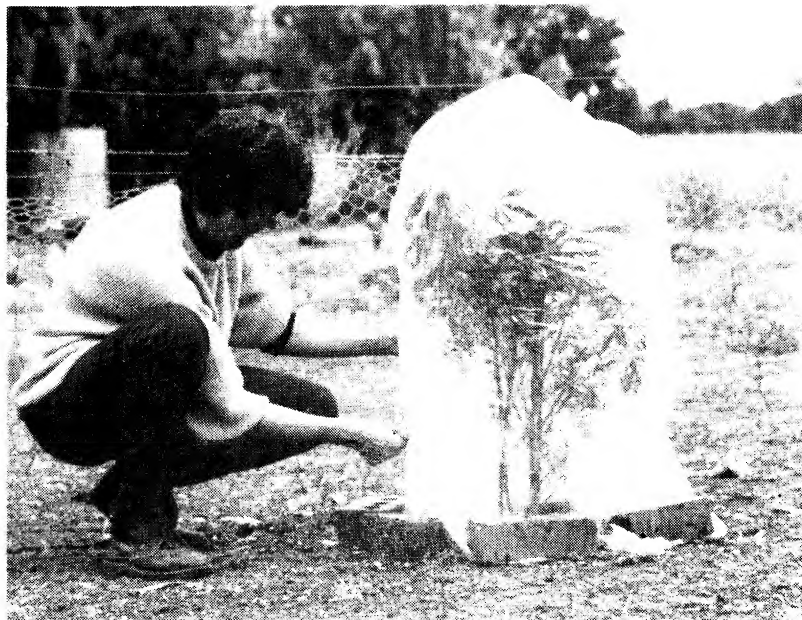
You have created a solar heat trap that will keep the soil and root zone warm and relatively dry. It's better to pull the mulch and plastic a few centimetres away from the collar or base of the stem to avoid 'collar rot'. Just make sure that the plastic slopes away from the stem so that excessive rainwater is not directed to the plant. Come spring, remove this device and replace with an organic mulch.

As the tree grows older it adapts and becomes more hardy to this otherwise cooler, alien environment. By modifying the environment, particularly in the early years, using this method you can grow an amazing variety of warm climate plants in frost susceptible areas.

Some examples are: canistel, countess fruit, babaco, soursop, tamarind, acerola, wax jambu, ice cream bean, jackfruit, star apple, carambola, pawpaw, lychee, longan, custard apple, mango, white sapote, black sapote, avocado. There are many more.

This article has been reprinted from *Quandong*, Vol 17, No 1, 1991. *Quandong* is the magazine of the West Australian Nut & Tree Crop Association (Inc) and provides interesting and useful information particularly relevant to West Australian conditions. For enquiries write to: WANATCA, PO Box 27, Subiaco 6008. Ph: 09-385-3400.

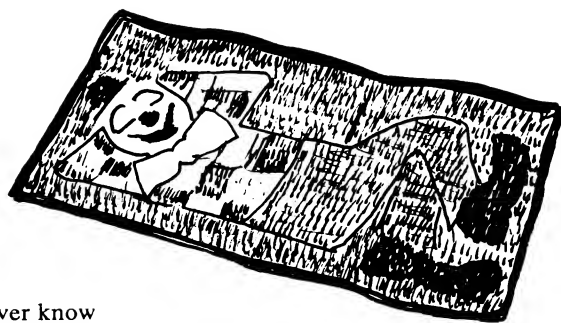
For more information about growing exotic fruit in cooler areas see an article in GR 95.



This re-used plastic from a transport pallet makes a good frost protection cover.

HOOKED ON RUGS

By J James, Pearce, ACT.



Many things in life can become addictive and almost all of them we are told are bad for us. So this may come as a surprise to find one that isn't. From the first pull, many people literally become hooked on rugs! Why? I'm not sure, but it is a simple, easy and relaxing craft that requires as much time and effort as one is prepared to devote. It requires little expense for make-your-own kits that we'll look at later. It can be picked up or put down or put away or taken away on holidays. It can be a one person project or a family affair. It is also one of the few crafts that men really seem to enjoy. And, there is the satisfaction of seeing a work of art steadily growing before your eyes when the lucerne crop has failed for the second year in a row. At the end you have something that will last for years, either under your feet or as a wall hanging if you can't bear to sully your wonderful creation!

Rug making is the perfect answer to using up the odd balls of homespun wool. Ply is irrelevant. If you've spun rope just use one stand. If you've spun string, use two. Once the wool is hooked

through the rug no one will ever know the difference. So after you've finished knitting jumpers and making beanies, mitts, tea cosies and socks why not turn your eyes to the floor and hook a rug!

Shop bought rug making kits are expensive. You are paying for the design and instructions and pre-cut wool in individual colour packs. So, why not make your own?

MATERIALS

- wool
- latchet hook
- rug canvas
- thick texta
- masking tape

On your next shopping trip check out the local craft stores where you will find latchet hooks and rolls of canvas for sale. In 1993 prices were around \$2 for the hook and \$14 to \$20 per metre for the canvas. Once you've bought a hook then canvas will be the only recurrent cost.

PROCEDURE

Designing

Decide on the size of rug to be made.

Buy the canvas and bind raw edges with tape. Draw a design on paper. Enlarge and trace it onto the canvas with texta. Mark in colours to be used. Simple geometric designs are effective or, if you are artistic, you can immortalise the family farm complete with windmill and dam! The colour of your fleece might influence your subject choice, but if you have multicoloured sheep the greys, blacks, browns, and off-white give plenty of scope. You can also dye the fleece. Beetroot juice, mulberry juice, onion skins, blackberry juice will give varying shades to clean washed fleece. They will fade over time, but in a wall hanging or rug you might not mind this anyway. The first will never be washed and the latter infrequently.

An excellent book, *Dyemaking with Australian Flora*, published by Rigby may be in your local library.

You can find many simple designs especially suitable for children's rooms.

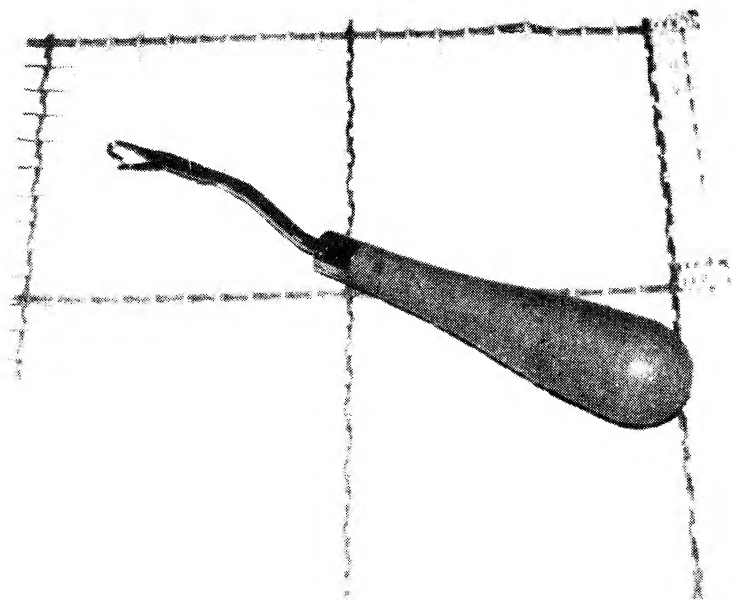
Knotting

With your design drawn, you'll need to cut the wool to eight centimetre lengths. Then it's simple. Use several lengths of wool for each knot (this depends on your ply so try a few combinations and see which thickness you prefer).

- Wind the wool around the latchet hook (see fig 1).
- Insert hook through a hole in the canvas (see fig 2).
- Put the wool into the open latchet hook (see fig 3).
- Pull the hook back through the hole (see fig 4). The wool is pulled into a knot that is pulled tight. Work along rows changing colours as needed.

Using Unspun Wool

Years ago rugs were made by knotting lengths of unspun sheep's wool onto mesh. As long as the staple was long enough I think stands of greasy wool could be hooked direct onto rug canvas using the method above if the fleece was not full of burrs or too many foreign bodies. Then the finished rugs would be soaked in a tub and washed in the normal way for greasy wool. I'm sure carded



The latchet hook and rug canvas are available from craft shops.

fleece could be used too by pulling off strands of fleece, stretching it tightly between fingers and deftly hooking it through.

Finishing

When the masterpiece is finished it can be backed with calico or any spare length of material. An unpicked corduroy skirt from the op shop gives good nonskid backing. Turn edges under, sew together and there it is.

Rug making is a great winter project for the whole family. With your rug spread on a table or over knees in front of an open fire, the shorter days quickly pass and by summer you'll have a permanent reminder. So, happy hooking!

Figure 1

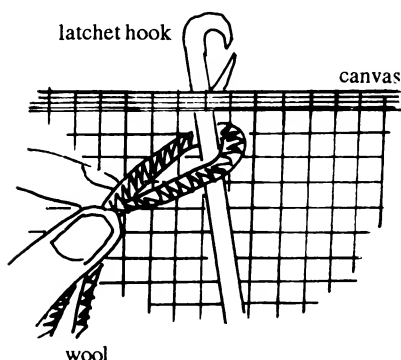


Figure 2

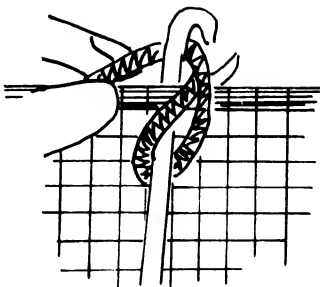


Figure 3

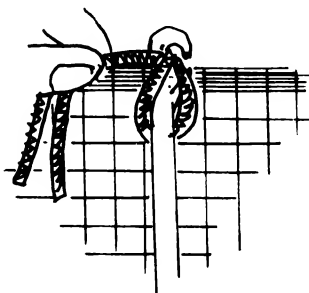
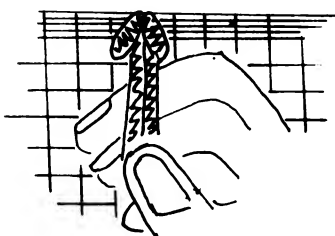


Figure 4



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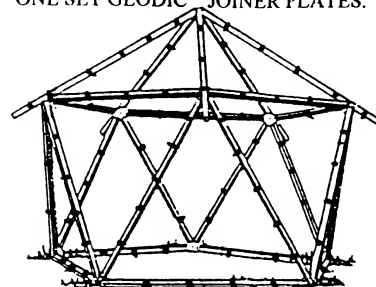
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HEALTHY HOLISTIC PEST CONTROL

PART 2

by Mary Horsfall, Longwood East, Vic.

What usually happens is that I notice some pest damage and while I'm making up my mind what to do about it, appropriate predators move in and eat the damaging pests.

In GR108 I wrote about how to plan a garden of great biodiversity as the initial step in a pest control strategy. I also discussed the importance of soil health, interplanting and crop rotation, and the use of physical barriers. This time I will briefly describe the use of poultry and organic sprays. Please remember that there is a great deal more information on garden pest control than can be included in two short articles. There are many books available on this subject for anyone wanting to learn more.

POULTRY

In addition to their many other useful characteristics poultry make great pest exterminators. I have some fowls which free-range in a fenced-off windbreak area bordering two sides of my vegie garden. When they're out they scratch and catch all day long and were particularly active during a recent grasshopper plague in the area. They can also be used in temporary portable enclosures to do an intensive clean-up job in particular problem areas. One example being to clean up fallen fruit at the base of trees so pests will not survive over winter. Guinea fowl, ducks, geese and turkeys (especially young active ones) can also play a role in pest control. See Megg's articles in GRs 101 and 102 for more specific details. The fact that

they fertilise the soil as they work and their cage litter is a great addition to the compost, is an added bonus.

ORGANIC SPRAYS

I seldom use any of the many acceptable organic sprays available as I've found that the combination of all the strategies outlined in these articles usually works very well. It would be an exaggeration to claim that I never have pest problems in my garden. What usually happens is that I notice some pest damage and while I'm making up my mind what to do about it, appropriate predators move in and eat the damaging pests. My biggest problem is slugs. These I control by using physical barriers around seedlings, sprinkling wood ash around their favoured strawberries (a short-term measure only as the ash soon washes into the soil), and beer traps.

Remember if you do decide to use organic sprays, that while they are usually of low toxicity to birds and mammals and are readily biodegradable, most are nonspecific and will kill beneficial insects as well as pests. Some (nicotine for example) are also quite toxic and care must be taken when preparing, using and storing them, especially as far as children are concerned.

I'll include recipes for a few of the more popular homemade sprays. For a

wide range of organic spray recipes for specific applications Jackie French's book, *Natural Control of Garden Pests*, is very useful.

Bug Juice

I think this sounds disgusting and doubt that I'd ever be able to use the blender for food again, but many people report success with it and it is specific to the particular pest.

Collect a cupful of the pest. Vitamix in three cups of water. Let stand for 24 hours at room temperature. Strain. Dilute liquid with five or six times the amount of water, and spray affected plants. If it doesn't work, try a stronger solution.

Garlic Spray

A general-purpose insecticide. Soak 90 grams chopped garlic in two tablespoons mineral oil (paraffin) for 24 hours. Add 600 ml water in which seven grams soap has been dissolved. Stir well. Strain through fine muslin. Store in a china or glass container (not metal). Dilute one part garlic mix to 50 parts water before spraying. Label container and store out of reach of children. For persistent pests try a stronger solution.

Soap and Washing Soda

This is used to control sucking pests such as scale and aphids, particularly on citrus trees.



A few fowls around the garden make a valuable contribution to pest control. Fences are needed to keep them where you want them.

Grate 50 grams pure soap (or use Lux flakes). Dissolve 130 grams washing soda in a little boiling water. Add soap and heat mixture until it dissolves. Add water to bring quantity up to seven litres. Stir mixture before spraying. Do not dilute.

Eucalyptus Oil

Research in Queensland indicates that a solution of two percent eucalyptus oil in water is a good general purpose insecticide spray.

COMMERCIAL OPTIONS

Although this article is primarily concerned with pest control in the garden, I think it's appropriate to add a few words about control of pests in commercial organic crops. Organic producers are competing in a commercial market and must be able to produce the visibly perfect products consumers expect. Consequently, while a few chew marks on the vegies may be insignificant to backyard growers they can be economically damaging to organic growers whose livelihood is at stake.

Many of the methods I've described are successfully used in commercial applications also, but I somehow don't see rows of hundreds of fruit tins covered in cut-off pantyhose legs as being a really practical option. There are however, various other options available which can of course also be used in the home garden if the situation seems to warrant it.

Of the commercially available preparations neem oil seems to be one with a great deal of potential and few associ-

ated disadvantages. See GR 98 and the separate article in this issue for more information about neem.

Dipel (*Bacillus thuringiensis*) is a powdered form of a bacteria which is mixed with water and sprayed to kill caterpillars. It is mainly used against the cabbage white caterpillar which can cause major damage to brassica crops, however it also kills caterpillars of harmless and/or beneficial butterflies and moths so should not be used indiscriminately in a home garden situation.

Derris (sold as a powder) is a general insecticide which will kill most chewing insects, as well as fish if it gets into a water source, so use with care.

A Queensland company (Biocontrol, C/- PO, Warwick 4370) markets a predatory spider mite to aid in control of two-spotted mite and red spider mite, particularly in nurseries.

IN CONCLUSION

By experience, observation and wide reading we can learn to make best use of the complex, interacting web of animal and plant relationships, of which we ourselves are all a part, to develop and maintain a healthy garden without the use of chemical poisons. I hope this article has at least given you some ideas to work on, but it's not the whole story by any means. There are many good organic gardening books available, so I hope you'll feel motivated enough to make a visit to your local library in search of more detailed information.

GR 76, p34, contains an article with many recipes for organic garden sprays.



Autumn planted seedlings thrive under a mini-hothouse-cum-pest excluder made from a two litre plastic bottle.

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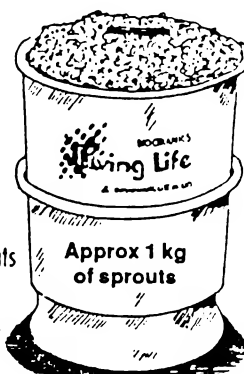
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THE BOER GOAT

Adding Value to Australia's Feral Goat Flock

by David Miller, Shepparton, Vic.

Feral goats are commonly seen in the arid and semiarid rangelands of Western Australia, South Australia, New South Wales and Queensland. They have migrated to these hot, semidesert areas because the climate and habitat ideally suits goats. They have few predators and diseases, a natural browsing habit where they wander in flocks feeding on native shrubs and grasses, and the drought tolerance and herding instinct to be highly productive. In fact, they perform so well that they put considerable pressure on the natural habitat and native species through increasing the competition for the available feed, shelter and water.

For many years, government authorities have regarded the feral goat as vermin. Eradication programmes have been instituted and animals have been shot and poisoned. Goat numbers, however, are still about four million because the animals are highly fertile and have multiple births. It has been estimated that if a flock of feral goats was culled each year by 50 percent, it would be back to its original size within 12 months. So eradication programmes have always ended in failure and a new approach to control has evolved as the goat has become recognised as a valuable export. This has been emphasised by research which has shown that a managed goat flock has less impact on the environment than sheep, and is more productive.

THE COMMERCIAL MARKET

Over the last few years, feral goats have been culled and processed, partially as a means of control. Only ten percent of the goat meat produced from culling is consumed domestically, almost exclusively by the Asian community. The rest is exported, mainly to Taiwan, Malaysia, South Korea and USA. In 1993-94, goat industry exports (including leather) earned Australia \$27 million.

More importantly, however, world demand for goat products is quite broad and far from satisfied – there are no religious barriers to the consumption of goat meat, and Australia is by far the world's leading supplier. So while eve-

ryone is talking about kangaroo and emu, whose markets are still being developed, a multi-million dollar industry has quietly evolved around the harvest of the feral goat, due to unfulfilled demand from the export market. This situation presents an excellent opportunity for the small or large producer to increase production and improve the quality of the product.

THE BOER – A NEW BREED

In South Africa, the word *boer* means farm, so the South African Boer breed was one simply raised by farmers. These farm goats were originally obtained from the nomadic tribes who herded them, and later attempts were made to improve the breed using Indian and European bloodlines.

The modern Boer goat is white with a red head and ears, and a white blaze. The overall impression of the animal is that of a meat producer because of the breed's heavy muscling. This is not surprising, because the Boer goat has been specifically bred for meat and is the fastest growing ruminant in the world. It produces daily weight gains of 250 grams and lean meat, low in cholesterol.

It also has a higher meat to bone ratio than other breeds. Mature bucks often weigh 135 kilograms and does 100 kilograms and with proper management, a Boer doe will produce three sets of twins every two years. Does also milk well and the Boer will thrive in a wide range of climatic conditions.

IMPROVING THE AUSTRALIAN GOAT

In October, 1994, the Boer Goat Association of Australia was formed by those interested in importing and breeding a goat that had the potential to greatly improve the Australian industry. One of the directors, Peter Firth, and his wife Jeanette, had seen the Boer on a tour of South Africa when they had been studying the Angora. There were feral goats on their properties in Queensland, and they had not thought of doing anything with them, other than using them as a base for an Angora grading-up programme. Peter could now see the value of the Boer when used in the feral flock and decided to try and get some stock into Australia. He located suitable animals in New Zealand and found it easier and less expensive to bring their genet-



A fine Boer buck displays the breed's characteristic heavy muscling.

ics into the country. This has started an extensive artificial breeding programme and further research into the Boer breed through the University of Queensland.

At the same time, he realised that the ferals on his property were a valuable resource. These were brought under control with special electric fencing. The goat fence has seven wires – three live and four earth wires with narrower spacings closer to the ground. To be effective, the voltage must be kept above 5 kilovolts and when erected the fence has the added advantage of controlling kangaroos as well.

Fencing the goats is vital in conserving flora on the property because it can be used to control the number of goats on a particular area at any time. Peter says this stocking rate must be varied according to the season and, in particularly dry seasons, goats must be sold to protect the property from damage. Effective fencing also permits management of the wild flock. The aim is to keep the bodyweight of the does high throughout the year by separating the bucks from the does after joining. The does will then kid twice per year, with more multiple births and the kids will be heavier at turn-off. Under this regime, ferals (and Boers) will breed at any time of the year.

In southern Australia, Laurie Harrison, in Victoria, saw the potential for the Boer immediately because he was aware of the domestic and export market for goat products and had an idea of the size and potential of the feral flock. Laurie expects the commercial value of kids to be about \$30, so a doe will produce kids worth about \$90 per year. This is much better than fat lamb production and does not require the use of improved pasture and fertilisers. A goat farm can also be set up on inexpensive land in a low rainfall area, where there is plenty of scrub, the natural habitat of the goat.

Laurie finds the temperament of the Boer breed is excellent – some of his kids would make excellent pets. The does also breed at six months, so the stock breeds early, easily and often. His aim is to be a stud producer, providing breeding stock for other studs and commercial producers.

STARTING A STUD

Because Boer goats are rare in Australia, at present, the quickest way to start a breeding programme is also the most expensive. Goats are now selling at prices above \$3000 and genetics are

also expensive. (Genetics are probably best purchased when they are available for immediate sale, unless you are considering a long-term breeding programme using different bloodlines.) However this cost can be offset by the advantage of getting into the industry early and making sales of breeding stock at higher prices while numbers are scarce.

Those with a limited budget may like to start a grading-up programme using artificial insemination. Semen is available at \$100 per straw – enough for three inseminations. This could be used over selected base does and the process repeated over a number of generations until purebred status is reached. While this does not get you in early with purebred stock, it is quite inexpensive by comparison, especially if a source of flock does is available at a reasonable cost. It may also be an appropriate option for someone who does not see themselves as a major breeder, but who still has a genuine interest in the breed.

THE BOER IN PERSPECTIVE

There are many new investment breeds on the market these days, and it is not difficult to find advertisements for them in the rural press. Many of these breeds are sold on the basis of their attractiveness, often with a lot of optimism about the establishment of a commercial industry in the future. The Australian goat industry, however, is established, viable and lucrative. It has an excellent track record of exports to countries close to Australia where demand is high and

THE BOER GOAT

ORIGIN:

South Africa

CHARACTERISTICS:

- white with red head and ears and white blaze
- ideal for meat production
- excellent mothering ability
- early maturity, high fertility
- breeds early, multiple births
- three kids per year average
- resistant to disease

MARKET:

- investors and other stud breeders
- high quality breeding stock to commercial flocks
- commercial goat meat production

BREED SOCIETY:

Boer Goat Assoc of Aust

C/- ABM,

6th Floor, 41 Currie St.

Adelaide, 5000.

Ph: 08-410-0233

STOCK:

Peter Firth Ph: 075-305-247

Laurie Harrison Ph: 054-270-500

SAABCO Ph: 08-363-1558



Boer does milk well and can produce three set of twins every two years.

BUSH HERBS: SMALL HERBS AND ANNUALS

by Vivienne Manouge, Angaston, SA.

In the South Australian Mallee most of the rain falls in winter, so most small herbs and annuals have only the three or four coldest months of the year to complete their growth cycle. August to October is the best time for wildflowers and also for medicinal herbs. However, some species are remarkably tough, and well sheltered specimens can be found all year round.

Australian bindweed (*Convolvulus remotus*) is related to European and American convolvulus species and bears a resemblance to them. It's a delicate looking twiner which can be found growing under old man saltbush or prickly wattle, taking advantage of the mulch, shade and its protector's own moisture supply, twining up half a metre or so through the bush to reach sunlight. It has narrow, arrowhead shaped leaves and pink or white morning-glory type flowers about 1.5 centimetres across, followed by teardrop shaped capsules filled with tiny seeds. It is a laxative, one of the best available, for use when nervous tension, lack of exercise (such as prolonged sitting while travelling),



Australian Bind Weed
(*Convolvulus remotus*)

or general disturbance to the body's natural rhythms disrupts the peristaltic rhythm of the bowel. The dose is a length of the stem including the growing tip and three or four pairs of leaves. Its action involves the release of tension, not force, and not unnatural stimulation, so there is no precipitate or urgent elimination after use; instead, natural elimination is considerably easier within a minute or so of taking it.

On open ground, as soon as rain falls and before the grass has germinated, a carpet of lichen brings a flush of pale green to the land. Predominant among them are two forms, the pale green *Xanthoparmelia convoluta* and the yellow-green *Chonopsis semiviridis*. Both ease the pain of bronchitis and the difficulty in breathing associated with respiratory tract infections. The relief is enormous, the whole chest area being warmed and soothed. The dose is about a square centimetre of the plant. They also incidentally, improve perception of colour and texture, greatly enhancing the aesthetic sensitivities. This effect is, however, short-lived, lasting only a few minutes.

When spring arrives, one of the most plentiful wildflowers is the pretty Australian bluebell (*Wahlenbergia luteola*) with its sky-blue petals backed with grey held high on slender stems over a sprawling mass of ferny foliage. It's about 15 centimetres high. The flowers provide a spring cleaner, tonic and antidepressant. As with most edible flowers, its abundance of vitamin E improves fertility, replenishes blood cells, strengthens the immune system, and helps the healing of all kinds of new and old injuries, as well as facilitating growth in young animals. In fact it's useful whenever cells are dividing rapidly and/or abundantly, as in the production of semen, the growth of a foetus, lactation, growth and healing of all sorts. Bluebell fine-tunes the processes, in animals and humans alike. A few flowers, say five or six, have a noticeable effect. But you can eat much more than that without ill-effect, and the flavour, slightly sweet with an aftertaste of iron, is pleasant enough to encourage it. It is more than coincidence that nature pro-



Australian Bluebell
(*Wahlenbergia luteola*)

vides such a herb so abundantly when it is most needed!

Australian hollyhock blooms late in the season and doesn't always make it to seed, unless it's very favourably situated, so in most years it's rare in the Mallee, though it's quite a common plant in wetter areas. It has smaller, rounder, grey-white felty leaves, more stems, and smaller flowers (about half the size) than the cultivated European hollyhock, which it otherwise closely

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resembles. In my opinion, it's a prettier, shapelier plant than European hollyhock for arid areas. It corrects skeletal defects in growing animals, especially the tendency of the long bones to bow, and poor alignment in joints. It works best if given regularly, about every three weeks, during the young animal's time of most rapid growth, but I have used it to bring about considerable improvement in a very mild case of canine hip dysplasia in a mature dog. I don't know what it could do for a more severe case of the ailment, but I think it's probably worth investigating. The dose is four to five centimetres of the stem (about the thickness of a pencil or thicker) shaved into shreds with a razor blade or powdered in a mortar and pestle and added to the animal's food. For young herbivores, it can be fed as an occasional treat, to ensure good conformation.



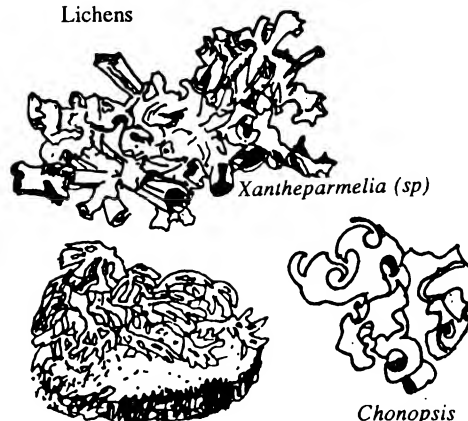
Fuzz Weed
(*Vittadinia cuneata cuneata*)

One of my favourite herbs is Australian fuzz weed, or New Holland daisy (*Vittadinia cuneata cuneata*). Small grey-green narrow leaves on twiggy stems mound to about 15 centimetres high, and produce several fine-rayed, lavender coloured, daisy-like flowers from early to late spring. By summer they've given way to the fluffy dandelion-like heads of seeds that give it its common name of fuzz weed. The leaves, furred as they are, are hard to swallow, but they contain the medicine. Chew well and mix with plenty of saliva before swallowing, or follow with a drink

of water. I was bowled over the first time I tried it. I'd read about chakras, but never actually been aware of any. The immediate effect of the fuzz weed was a sensation at the site of the heart chakra, in the centre of the chest, as if a tight knot that I hadn't been aware of suddenly came undone, releasing a flow of warmth and comfort that spiralled outwards in an anticlockwise direction. In about ten minutes the effect was felt throughout my torso and head and within half an hour had reached my hands and feet. The only way to describe it is to say that I felt more alive on a cellular level. The effect was long lasting, and over the next forty-eight hours, breathing, digestion, movement and posture had all improved. Succeeding doses, a week or so apart had less and less effect, as it becomes neutral in effect once it has corrected the condition it heals.

I've used it successfully since then in easing emotional problems such as excessive fretting or mourning in goats and failure to respond to fostering in orphaned infant animals – including a magpie, which is a very passionate bird. It helps, it seems, both physiologically and psychologically whenever the system reaches impasses.

Lichens



Xanthoparmelia convoluta

Chonopsis semiviridis

All the herbs I have described so far are indigenous species. All of them, and many more, are worth further research, and all of us are equipped at least to some extent to make our own personal contribution to our own national herbalism. It's a matter of learning to trust our own observations, our own reasoning, and the results of our own (responsible) experiments. In the final article in this series, I will look at some herbs of European origin which have naturalized in the Mallee area of South Australia.

FROM FLEECE TO FELT

by Iris Goodfellow, Takaka, NZ.

Isobel Shaw doesn't make felt tents but can understand why nomadic tribesmen in Central Asia do – because felt is warm, water repellant, and easy to make.

She became interested in making felt for a hobby two and a half years ago, after reading a book on the subject. Her interest was further stimulated when she heard of a felt making class being held in the area. After the initial disappointment of learning there were no vacancies, she was delighted when offered the place of someone who had cancelled. Isobel described it as the beginning of a fascinating and addictive hobby.

Felt making has been around for over 8000 years; it may even predate spinning and weaving. Legend tells us that after walking for many miles, St Christopher stopped to rest under a shady tree and removed his sandals. Sitting there he noticed some fleece caught in the bushes from passing sheep, so he gathered several handfuls and lined his sandals, and when he set out again his sandals were made more comfortable by the fleece that cushioned his feet. When he arrived at the journey's end and removed his sandals, he was amazed to see that the pieces of fleece were now felt. He had provided the correct condition to help the woollen fibres matt together. How many of us have put a woollen garment into the washing machine and taken out a felt jersey?

Felt making was introduced to New Zealand as a hobby in 1982 at the New Zealand Spinning, Weaving and Woolcrafts Festival held in Lower Hutt which was attended by craftspeople from all over the country.

New Zealand sheep are classified into three types – cross, fine, and down breeds. Isobel works with Merino (fine) Perendale (cross/down) and Romney (cross) fleeces. Merino being soft and fine is good for moulding and holds its shape well, while Perendale, if it throws to the down breed, holds its elastic quality and produces a springy felt which makes good tablemats, innersoles, tea cosies and rugs. If the felt is to be worn next to the skin, Romney is pliant and soft yet strong enough to take the stress.

Isobel buys her fleece as a batt already washed, scoured and carded. She



A range of headwear made from felted fabric, an ancient technique brought into the twentieth century.

says, 'I was taught to use gallons of hot and cold water when I first started, so you had to work outdoors, then I met a felt maker in Auckland who showed me how to work indoors with no more than a kettle of water. I'd rather work indoors because then I can make felt when I want to, not when the weather dictates'.

The batt is laid on top of an old nylon curtain, pieces of wool yarn, dyed fleece or silk are placed on top of it to make a design. The batt is then enveloped inside the curtain and sprinkled with water to make it wet enough for the soap gel, made from grated washing soap and water. This is worked into

the batt either by hand or rolled with a rolling pin causing the fibres to matt together. A washing machine can be used in the final stage, but Isobel prefers to wash the batt by hand in warm soapy water. It is then laid out to dry.

Felt making requires no expensive equipment: a fleece or fleece batt, soap, water, a rolling pin or washing machine are all that's needed.

If the craft of felt making interests you, GR has articles in previous issues. 'Felt Making at Home' and 'Something Old, Something New' is in GR 29 and in GR 48, 'Making Felt is Fun' and 'Dorothy's Felt Hat'. Backcopies, \$4 each, see order form on the centre page of this issue.



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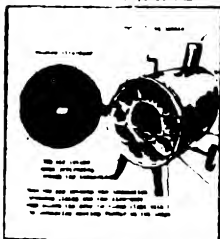
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How To Build A Portable High Voltage Power Plant And Welding Unit Using A Second-hand Car Or Truck Alternator

Research and Design by Jim Alloway

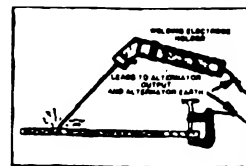
This special research manual shows how to convert old car alternators into a high voltage power plant and welding unit. This unit will run 240V lights, power tools, heating tools, universal brush type electric motors (will not operate induction motors).

You will be able to fast charge batteries, arc weld, fusion weld with carbon arc rods, solder, braze, cut steel and heat steel to near melting point for shaping and bending.

Old 35 amp Bosch and Lucas alternators work very well. The modifications are easily done by anyone with ordinary tools. All the required parts are available from auto electricians or auto accessory shops and the total cost of parts is "\$12.00 to \$15.00".

As a guideline to performance one 35 amp alternator will run 240v lights, drills, spot weld, heat.

Old 35 amp Bosch and Lucas alternators work very well. The modifications are easily done by anyone with ordinary tools. All the required parts are available from auto electricians or auto accessory shops and the total cost of parts is "\$12.00 to \$15.00".



ing current output from a direct connection to the alternator.

In addition to using your existing car alternator, and pulley you will learn about various drive line options including a high speed ground level wind chute power turbine which you can build yourself and a water wheel with enough power and torque to twist and break a 25mm solid steel drive shaft. Included is a simple method to convert old car generators into 2-speed 12v electric motors and a special section on formulas and chemicals which you can use and make yourself to rejuvenate old batteries. **P37 - \$9.00**

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This is an unusual design, very easy to build and capable of all types of cooking, roasting and barbecuing. Lightweight and works in pouring rain. Uses all types of fuel, eg. wood, newspaper, coal, etc. **PS51 \$6.00**

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Details the proper methods of making and using divining rods to find underground streams and reservoirs. You will be able to accurately assess the depth, rate of flow, amount and purity of the underground water. **D38-\$6.00**

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How to Make Alcohol Motor Fuel

This manual shows an easy method of making alcohol fuel (methanol) by fermenting plant and vegetable waste. Methanol can be added to petrol as a fuel extender, or used straight with a motor carburettor adjustment. Methanol is water soluble which means it can be mixed with water, and in fact will absorb water from petrol tanks. Methanol, water and petrol will all mix and dissolve into smooth motor fuel which is efficient and economical. Production is slow and not suitable for commercial ventures. However, it is a fascinating and rewarding project. **P23-\$6.00**

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A VEGIE PATCH FROM SCRATCH

by Mary Horsfall, Longwood East, Vic.



Tropical and subtropical area vegie gardens are at their peak. This no-dig bed contains corn, capsicums, climbing beans on tripods and pest-repellant pyrethrum daisies.

To get the most from this article readers should have read the earlier ones (GRs 107 and 108) giving the basic information on how to get started with a small vegie patch. Keep in mind that my information is specific to Victoria, but will apply fairly well to any areas with cold wet winters and hot, mainly dry summers. Your best source of information specific to your own area is an experienced local gardener.

I don't normally plant anything now in the months of June and July, having found from experience, that pea varieties either rot in the ground, or just show a few leaves and do nothing till spring, and the same is true of most other seeds or seedlings planted in winter. In my area anything planted after May is not worth the effort, in fact I try to have my winter vegies in by the end of April.

However, if you are in a warmer area or your vegie patch is well raised and in a sheltered position you might like to try planting broad beans, dwarf peas, brown onions, leeks and cabbages. If you like rhubarb you can plant a few crowns now, but they need very rich soil so be generous with the well-rotted manure or compost.

Some early potatoes can go in from late July in frost-free areas, however with only a small vegie patch I think it's preferable to grow potatoes in a separate container elsewhere. (See Kids Pages this issue.)

In most places it will be a little early to plant asparagus crowns, but if you like asparagus you can prepare a small area of your patch for planting in early spring. Asparagus takes several years to be productive and then can remain in place for up to twenty years if properly cared for, so add generous amounts of compost and mulch to the proposed planting area. If your patch is very small you might think it's too much of a luxury to take up space for a perennial crop (one that lasts many years); I think it depends how much your family likes asparagus. Eight crowns (now into their sixth year) give us a fairly constant supply from early September to January.

Give some thought to wind protection. Strong cold winds can wreak havoc. Tie broad beans to stakes at frequent intervals. You can erect a temporary wind shelter of hessian nailed to stakes.

Remember to add compost or manure to vegetables planted earlier in the sea-

son. Brassicas will also benefit from a sprinkling of dolomite. Keep an eye out for cabbage butterflies and protect your crops as soon as they appear. (See my pest control articles in GR108 and this issue.)

Keep in mind that if you have only a small area any winter plantings (especially late ones) will still be maturing into early spring, and if they are taking up all your space this will delay your spring planting.

You might prefer to plant nothing at this stage, but to keep building up and enriching your no-dig bed so it is ready for an early start in spring. Perhaps you could share some punnets of seedlings between friends and plant only a small number of each.

If your newly established no-dig bed is still not properly decomposed, scrape a hole in the mulch, put a handful of compost or good quality potting mix into it and plant your seedlings or large seeds into this. The mulch will decompose and be eaten by earthworms as the plants grow, releasing the nutrients your vegies need.

I should mention that I always stress using good quality potting mix (when

potting mix is necessary) because cheaper brands will not have the trace elements your plants need and may also be very dry, not retaining moisture well – I've seen some that are so dry they seem to repel moisture.



NORTH QUEENSLAND

by Susan Hands, Innisfail, Qld.

As mentioned in our last article, April – May is the peak planting period for north Queensland, this next period – June – July is generally what we call our 'top-up' period. Beans, tomato and cucumber can be 'topped-up' until the end of July. Carrots, radish, chives and lettuce: if you have the space, a regular planting up until August. If you have an established bed with a fine tilth (soil texture), plant directly from seeds, but if you have a new no-dig bed use seedlings.

Vegies such as cabbages and Chinese cabbage can also be planted a few at a time up until August, but generally

one small garden doesn't have the space for, nor does the family need, this amount of greens.

June-July is still pretty well pest-free in our gardens, the biggest problem coming from rain. The rain brings on mildew, doesn't allow beans and tomatoes to flower and too much water splits the cabbages . . . then again without the rain, where would we be?

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BIOLOGICAL FUNGICIDE

A naturally occurring bacteria (*Streptomyces griseoviridis*) found in Finnish sphagnum peat has been developed as a preventative biological fungicide. Called 'Mycostop', it is mainly used to control fusarium diseases on flower and vegetable crops and also to control damping off diseases. It is sold as a wettable powder. When dry, the powder is used as a seed dressing. In a solution of water it is used for soil spraying, drenching, or root dipping of cuttings.

Toxicological tests have shown it to be harmless to beneficial soil micro-organisms and to the environment generally.

It has been commercialised in Finland, Switzerland, Hungary, Sweden and Denmark and registrations are pending in other countries. At present it is quite costly and its use is restricted to professional growers, but there are possibilities for home garden use in the future.

Commercial growers wanting more information including test reports, can write to: Kemira Biotech, Kemira Oy, PO Box 330, Porkkalankatu 3SF-00101, Helsinki, Finland.

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Livestock Health and Management

Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

ANIMAL BISCUITS

Someone requested recently a recipe for dog biscuits. Here is one which our dogs absolutely love:

Dog Biscuits

- 1 cup oatmeal
- 1 cup bran
- 1/2 cup chopped liver
- 1/4 cup oil (a little less)
- 2 eggs

Mix well and bake. Dogs will love it!

In case somebody is interested, this is what I bake for my two horse friends:

Horse Biscuits (No, I'm not kidding!)

- 4 cups rolled oats
- 1/2 cup raw sugar
- 1 cup water

Mix all ingredients with a wooden spoon and spread onto a baking tray, pat flat, bake, and cut into squares.

They also don't turn down a special winter treat:

Winter Treat

- 4 cups rolled oats
- 3 dried or grated carrots
- 3 chopped apples
- 1 cup warm water (maybe a little more)
- Just mix (no baking).

Elfie-Adèle Gillies,
Wyndham.

NATURAL TICK REPELLANT

I've noticed a number of GR readers have expressed concern about ticks infesting their household pets and would like to pass on the following recipe for a natural tick repellant. I found it in a recent newsletter from the Fragrant Garden, a delightful 'herbary' at Erina in NSW. I haven't been in a position to use this mixture but thought it may be helpful to animal lovers in keeping this pesky parasite at bay.

- 30g powdered derris
- 45ml eucalyptus oil
- 300 ml methylated spirits
- 2 litres water
- 1 handful fresh pennyroyal
- 1 handful fresh thyme
- olive oil
- 5ml citronella oil

Place fresh herbs in a saucepan, cover with olive oil and simmer for 10 minutes. Strain, allow to cool slightly

then pour into a large bottle. Add oils, then methylated spirits and shake to blend. Dissolve derris in water and add to oil blend. Shake to mix. Test on a sensitive area of your pet before using.

George Dawson,
Crows Nest.

SIMPLE FLEA REMEDY

Over the last year or so we had a big problem with fleas on our old dog and it got so bad his skin became dried and cracked. This secondary problem arose from washing the dog too often in an insecticidal rinse. So how did we solve the problem? A work mate suggested adding brewers yeast and garlic to the dog's diet. We started off with two teaspoons of the brewers yeast a day on his mince and half a diced clove of garlic. It took a while before results were obvious but we now have a glossy coated, sprightly old dog who is free of fleas for the first time in his life. I should also add we were very fastidious with his bedding, washing it daily in very hot water and spraying around his house and in favourite sleeping spots with a low toxicity surface spray. We were aware that the fleas leaving Max could present a re-infestation problem if we were not careful. The bedding is washed weekly and the house dusted with a safe insecticide weekly, and we only give a single teaspoon of yeast 2-3 nights a week, while the garlic is irregular. We know there are numerous ways to control fleas and you've probably included info like this before, but, it's simple and effective, cheap and kind to your pooch.

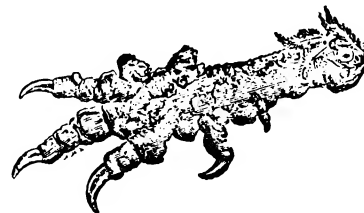
O'Brien Family,
Frankston.

SCALEY LEG

I am seeking help for a problem with our hens. About 100 are kept on free range and 7-8 of them have swollen legs. Despite this they seem to be able to walk OK, although a hen at our neighbours', The Sisters of Charity, died as its legs were so bad it could hardly walk. I enclose a photo of the legs to help.

Allan Hunt,
Tennant Creek.

Without a doubt the hens have scaley leg, a rather ugly condition caused by a little mite



that burrows under the scales and causes an irritation. This results in the build-up of an exudate which forces the scales away from the leg, and which can give the toes and lower leg a thickened (swollen), crusty appearance. Fortunately it can be eliminated but control measures must be used regularly. For best results (and to soften the crusty growth) first scrub the legs and toes in warm water with a nail brush and soap. Dab dry on an old cloth, and apply one of the following with a toothbrush: sump oil, cheap cooking oil to which a few drops of kerosene have been added or cooking oil with a few drops of eucalyptus oil added. Take your time brushing this on, ensuring it saturates the crusty exudate. Washing first with the warm soapy water seems to assist with this. The oil of course will soften the dry mass and the kerosene or eucalyptus oil kill the tiny parasite. It will take several weeks before you notice a difference, and it is recommended you scrub and apply oil once weekly until the condition is reversed. It is important to tackle and eradicate scaley leg because it can be passed on to other flock members. It is unpleasant for the infected birds to walk around with grossly misshapen feet and the toes are vulnerable to knocks where the crusts are dislodged and bleeding occurs. It is also unfair to expect a broody hen to sit for three weeks with such a condition, especially when it can so easily be eliminated, and also the young chicks run the risk of picking up the mite from the hen. Some poultry keepers report a good response from weekly applications of WD40, which is a mixture of diesel and kerosene, but the softening effects of oil hasten the recovery process.

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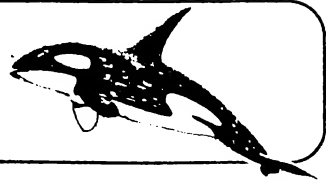
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Eco News



ECO-CONSUMER

An initiative of the Queensland Consumers' Association, Eco-Consumer, is a letter lobby system for Australians interested in encouraging environmentally sustainable production of healthy food.

Many people are concerned about problems in our food production including inputs of chemicals, algal blooms exacerbated by agricultural run-off, nutritional decline due to land degradation, diet-related health problems, and genetic engineering.

Each month Eco-Consumer subscribers receive a letter concerning a particular reported problem. Subscribers then sign the letter (if so inclined) and post it to the relevant company or government agency. Also included is a newsletter describing the background to the month's topic and suggesting further consumer action such as preferred brands or alternative products to look for.

Subscription is \$30 per year, or \$15 for students, pensioners and those on low incomes.

For more information write to: Eco-Consumer, PO Box 12046, Elizabeth St, Brisbane 4002, or phone Dick Copeman on 07-221-0188.



EARTHWATCH

Earthwatch is an international, nonprofit, scientific research organisation. Its mission is to facilitate scientific field studies and promote understanding of environmental and cultural issues. Paying volunteers are matched with scientists and scholars to assist on any of 150 field research projects in 47 countries around the globe.

Research areas are wide-ranging and include biodiversity, endangered animals, global warming, archaeology, marine ecology and anthropology. Anyone over 16 years old can join an Earthwatch research team. Costs vary with the locality but can be from \$1000-

\$3000 plus airfares to a rendezvous point. You need to be a subscriber to Earthwatch magazine to join an expedition. The magazine, published six times per year, contains up-to-date reports of projects, feedback from field teams and articles on relevant issues.

Subscription is \$45.

For more information write to: Earthwatch Australia, Level One, 453-457 Elizabeth St, Melbourne 3000. Ph: 03-600-9100.

GREEN OFFICES

'Green' computer visual display units are becoming available. These can be set up to switch to low-power modes when not used for a few minutes. Laser faxes, while being more environmentally responsible through the use of plain paper instead of thermal paper, actually use up to five times more energy in waiting mode than thermal faxes. Inkjet plain paper faxes seem to be the most energy efficient. Double-sided photocopying saves about a cent per page - that's \$2000 per tonne of paper.

TREE TROUBLES

Eucalyptus torrelliana, a tree popularly promoted in some areas as a fast growing shade tree, has caused some environmental problems, when grown outside of its natural habitat in Far North Queensland. When used as a windbreak around orchards or crops its invasive root system has stunted growth in the outside rows of the crop. The torrelliana also tends to become covered with black soot which can spread through the crop.

The Brisbane City Council has declared the tree to be an environmental weed after trees planted in public places saturated creeks running through the suburbs sufficiently to cause flooding.

The tree also has a detrimental effect on some varieties of native stingless bees. The seeds of torrelliana are coated with a sticky gummy substance, which causes them to stick to bees and be taken back to the hive. There they can interfere with the working of the hive to such an extent as to cause huge numbers of bee deaths. Hives are often abandoned due to the gassy smell from the seed coating.

There is also cause for concern over hybrid willows from New Zealand

which are being widely promoted as fast-growing windbreak trees. Both male and female plants of *Salix matsudana* and *Salix alba* are being introduced and the CSIRO fears that they could spread uncontrollably and choke waterways. The fluffy seeds are quickly spread by wind and water.

Previously, imported willow varieties have been propagated as cuttings and only either male or female (not both) plants of each variety being introduced. Farmers and land managers are being advised to avoid the new NZ varieties and also not to plant female willow clones along rivers, apart from *Salix babylonica* (weeping willow).



Salix alba

SLEEPING SICKNESS HOPE

The African soapberry plant, traditionally cultivated in many parts of the continent as a laundry soap and shampoo, may soon be adopted as a major weapon to fight one of the most serious tropical diseases. Schistosomiasis, or sleeping sickness, is a snail-borne disease affecting 200 million people in Africa, Asia and Latin America and causing 200,000 deaths every year. Now, thirty years' work seems to be approaching fruition for the Ethiopian scientist, Dr Aklilu Lemma who first discovered the snail-killing properties of the soapberry.

Back in 1964, biologist Aklilu Lemma was doing some field research in the town of Adwa, northern Ethiopia, when he found a number of dead snails in the water, downstream from where people were washing clothes with soapberry. The discovery prompted him to devote several years of research to the berries of the plant known in Ethiopia as Endod, yielding proof that they were lethal to most species of snails.

GRASS 36 ROOTS

Feedback Link-Up Feedback

Dear Megg, Mary and 'the Gang',

I am in need of some **LOW-FAT OR NONFAT RECIPES** and wonder if anyone can help? I'd be extremely grateful if anyone could help with low-fat or nonfat cakes, biscuits and desserts, and is there something I can use in place of butter, margarine or oil in cakes and biscuits? Skim milk and egg whites help, but I'd like to eliminate as much fat as I can from my diet and still be able to include an occasional treat.

I started this low-fat lifestyle almost a year ago and feel much healthier, more energetic and I am losing heaps of weight without too much pain and no hunger.

If anyone wants to find out more, feel free to write to me or try to get hold of one (or all) of the following books: *Stop The Insanity And Weigh Less*, by Dean Ormish MD; and, *Fats and Figures*, by Karen Daly (lists the fat content of over 6000 brand-name foods – Aussie brands, not US or UK). I'd be happy to pass on any of the recipes I've been using to date if anyone is interested in high-fibre low-fat cooking.

Vicki Judd,

59 Beresford Dr, BORONIA 3155.

Dear GR,

I've just moved up to the NT after a disastrous relationship. Now I'm starting to get back on my feet financially, mentally and spiritually. I've found a lot of comfort over the years reading the Feedback Link-Up, and like many of the readers, feel an affinity with 'Grass Roots' people, however, I don't know any of these type of people personally. I thought it might be a good time to send my feelers out and see if I can make contact with some people in my area (Darwin) even if it's just by mail.

I'm also looking at exploring different types of down-to-earth lifestyles. I'm 27 and ready to get serious about my future. I'm interested in **COMMUNITY LIVING**, though I've never experienced it. I plan to visit Crystal Waters at the end of the year to get a taste of that lifestyle. I haven't got a partner so I'm not ready to buy my dream block, I just want to start living naturally. I'd really just love to hear from as many different people that would care to write to let me know what's out there, or how they got where they are now. Can you get involved in a community without much capital to start? Even if I have to work for the next five years to get enough money to buy into a community, that's OK, but I still want to spend my time until then wisely and involved with good people. I've been an island too long. I'll try and answer all people.

Rebecca Browne,

PO Box 1387, BERRIMAH 0828.

Dear GR,

My husband and I are very interested in the **AMERICAN BISON**. We have heard that some have been imported to Australia. We would appreciate any information or contact addresses on the subject.

Irene Donegan,

PO Box 257, TOODYAY 6566.



Dear Grass Roots Readers,

I am 14 years old and have been reading GRs since I was 12. I was wondering if anyone out there has patterns for **HIPPIE/PEASANT STYLE CLOTHES** that I could borrow or swap. I am a musician and singer and I enjoy writing poetry and walking. I would love to hear from anyone who has such patterns (or anyone who doesn't), and I promise that a reply will be sent.

Lucy Walter,

C/- PO Box 242, EUROA 3666.

Dear GRs,

To John Gladstone or **JOHN FROM GLADSTONE**: could you please write to me as I would like to know more about the Bundaberg area as this is one area we are looking to settle in. I would also like to know more about building up the soil as well as residue fall-out such as smoke ash and chemicals. To all GRs, keep up the good work.

Warwick Preval,

32A Lord St, CABRAMATTA 2166.

Dear Grass Roots,

To Nicole Armitage: These days my mother would have been called a 'baby basher' and I received many a thrashing with a razor strop from a very early age for very minor infractions, so I am not one to support free-for-all physical **PUNISHMENT**. It may seem an obvious point to make, but all children are different (a point often missed by parents of one or two children), and what works for one will not necessarily work for another. My daughter did not need to be smacked. The very fact that I was angry with her was usually punishment enough. If she was very naughty, 'Stand in the corner until you are good,' was enough to provoke floods of tears and, 'I'm good now,' in thirty seconds flat. The boys on the other hand were imps of satan with fiendish imaginations and ability to get themselves into trouble – usually destructive and expensive trouble, and what one didn't think of the other did. I could talk until I was black in the face, but one good slap around the legs was worth a thousand words. Also, in a household where deliberate naughtiness or disobedience is followed by instant retribution a child knows exactly where he stands, and a child needs to have limits set beyond which he does not go. Wavering and idle threats do not help. The boys soon got to be bigger than me so the slap around the legs did not work for long. Docking pocket money, depriving them of an outing, or in a really extreme case (and there were a few), CB (confined to barracks) worked well. Their one case of vandalism resulted (fortunately) in them being caught, being read the riot act by the local cop, being made to apologise and to pay for the damage out of their own money.

We were discussing at a recent family gathering the appalling prospect of parents being forbidden by law to discipline their own children, and my sons, now in their forties and parents themselves, were in complete agreement on two points: we never had a punishment that did us any harm and we never had a punishment we didn't thoroughly deserve. And that says it all.

Undisciplined brats grow up to be undisciplined people with no respect for law, order, or the rights of others. Perhaps that is why so many people today live in houses like fortresses and are afraid to walk the streets alone.

Beth Warren,

Lot 1 Woodrow Rd, WOODFORD 4514.

Hi Everyone,

From across the ditch, we are four people: Helen, George, Quinton and Amelia. We live 30 miles away from the city of Wanganui at a place that God has blessed us with called Mangomahu which is a sheep/cattle/deer and orchard area. We have pigs, ducks, fowls, two sheep and a goat. We are looking to buy a 10 acre block next door to us as at the moment we have just an acre.

I moved out here in 1986 to start a new life with my first wife, as I have ME and am on a benefit. In '87 my wife contracted the Big C and, over the years till she died in '92, plans were put to one side. Afterwards I needed help just to go on living, but God is good and gave me a new family with Helen and her children and in the process made Helen an instant grandmother.

A strong Christian, she has picked me up and made life good again and has put me back to where I am going. We are hoping to be off power and onto gas and wood stove soon and are working towards 70-80% sufficiency in a couple of years. We have planted a coppice, and around us we have wild turkeys, peacocks, rabbits etc, which help out the larder, and a good veggie garden. Our home is always open as also our postal box to letters.



George & Helen Fallen,
C/- PDC FORDELL, New Zealand.



Dear Friends,

Is there any one who knows **HOW TO SEX EGGS**? I was told some years ago but the theory has temporarily slipped my mind. Also I would like to get hold of some **JERUSALEM ARTICHOKE TUBERS**.

Donna Trask.

PO Box 54, FINCH HATTON 4756.

Ph: 079-583-127.

Feedback Link-Up Feedback

Dear Readers,

I have an idea about a **FLY TRAP** that we use in Sweden to attract fish to a fishing spot. We hang a piece of meat in which the flies lay their eggs, over the water. The larvae then drop down into the water feeding the fish, making them very happy. Here in Australia, this method may help reduce the fly population, with the next generation's flies falling down and feeding the yabbies and goldfish etc.

Curt Jonsson,

16 Wynvale Rise, HEPBURN SPRINGS 3461

Dear GRs,

I was lucky enough to be given an old **VACOLA PRESERVING KIT** by my great aunt and have had great fun preserving everything from fruit and vegetables to meat, fish and stews. However, every time I do **CAULIFLOWER** it turns a pale green colour. Does anyone know why? I'd love any other hints people might have on preserving or recipes.

Shelley, Robert and Sebastian Everingham,
C/- 24 Salisbury St, YEPPOON 4703.

Dear GR's,

Further to my defence of **MULTIPLE OCCUPANCY** projects in GR106, I decided to follow this up because lack of space prevented me from elaborating on the Collective Farm project I am involved with here in Western Australia. The Grass Patch Community is a Benediction Lay Community that will cater for married people with families as well as celibate men and women.

Originally, the intention was to set up a co-operative company but there were too many legal restrictions, so it was decided to establish a unit trust with a trustee company to administer it. This *modus operandi* was considered to be most satisfactory from the potential members' point of view, given that they may sell their units or transfer them to other members if they should at some future date decide to withdraw from the Community. It is envisaged that each community will be completely autonomous but will not exceed 50 member families or individuals and when that number is reached the community will split and form another community. It is also envisaged that each community will own and operate its own particular farm, the purchase price of the property being shared by the members who will purchase units (like shares). For those members who do not have sufficient funds to purchase a yet-to-be-established minimum unit holding, some provision will be made whereby they can work around the farm or in the house on a wage basis with a proviso that a monthly deduction be made towards the purchase of their units. In this way, no one will be denied entry into the Community for lack of money.

All the paper work is now complete and The Grass Patch Community has a legal standing and a registered office. All we need now are a few courageous participants to leave the rat race in the quest for a higher quality of life in a rural environment away from sectarian bias and party politics. The motto of St Benedict sums it all up... *ora et labora* (work and pray).

LJ Downey,

The Grass Patch Community,
PO Box 1538, WEST PERTH 6872.
Ph/fax: 09-321-0073.

Dear GR,

We have had some very welcome rain in January and hope you had the same. It really got the garden (and more so the weeds) going, so it's a pretty busy time planting, preparing beds etc. Plenty of mozzies as well of course and the sandflies are aplenty too.

We have a **CYPRESS PINE FLOOR** through the house, how can we get it to look its best without sanding (no finances available for this)? Any suggestions from experienced people to set up a co-op?

Hi to Colin Franklin. Sorry but I have mislaid your address, so drop us a line please.

Hellen Grambower,

Lot 303 Masthead Dr, AGNES WATER 4677.

Dear GR Readers,

I would like to thank all the kind ladies who took the time to answer my request for a **BEETROOT CHOCOLATE CAKE RECIPE**. I was astounded to receive twelve replies from all states. Some people forgot to include an address, so I could not answer all personally. Most were for the same recipe, and it is a great success. I even had a call from a lady in

Albany, WA, asking if I would forward her a copy. GR certainly has a wide circulation. Thank you all again. It was a great pleasure to read all those nice letters. I think I have found some new penfriends.

(Mrs) Barbara Jenkins,

2/22 Beattie St, SCOTSDALE 7260.

Dear Megg & Mob,

A hint for your **WATER SAVING** suggestions. Cut the top off a two litre container. Place into the cistern of the toilet. It fills up and remains full, saving water each time the toilet is used.

Mavis March,

6 Iris Ave, CONISTON 2500.

Dear Readers,

I am writing to see if there are any kindred spirits out there! I am embarking on a 'save-up' in order to buy land on the eastern side of NSW. I live in the far west now. I would like to be involved in co-owning some land (multiple occupancy). The idea being to have one's own dwelling and bit of personal land. **MULTIPLE OCCUPANCY** would about cover the concept. This land does not have to be coastal but can be inland (within 100km or so of coast). So if there are interested parties would you like to 'link-up' my letter so we can yarn about it. Or, if there are land owners out there who want to sell off a bit please write.

C Smith,

PO Box 188, WILCANNIA 2836.

Dear GR Readers,

I live in a cool temperate climate, in the **UPPER BLUE MOUNTAINS**. We don't get much snow, but plenty of cold winds, and quite a lot of frost and foggy days. The soil is mainly sand. It is unstable on many of the banks running down from the ridge line. I have found the following perennials useful for stabilising sandy banks: daisies of any kind, geraniums, campanulas, perennial phlox, yarrow, bergamot, mints, strawberries and raspberries, and hardy herbs like winter savoury, oregano and rosemary.

Some annuals self-seed easily here and are quite effective ground covers, such as violas and forget-me-nots. All these plants grow quickly and with a minimum of attention. Most of mine came from cuttings and seeds and donations from friends, so cost was minimal too. I try to have a mixture of useful and edible and colourful plants. One that is typical is **RAINBOW SWISS CHARD**. The stalks are very attractive red or yellow, and the big shiny leaves mean that it looks good in the perennial border or in the vegie patch. It's tough and withstands winter here, providing greens all through till spring when it will seed. I have a quantity of this seed to give away to good homes, if people send a stamped addressed envelope to me.

Rosemary Stevenson,

70 Railway Parade, LEURA 2780.



Dear GR Readers,

My daughter and myself both have **PSORIASIS** on our scalp. Does anyone know of a herbal rinse or other remedy that we can use to heal and lessen the itchiness? Thanks to everyone who writes to Feedback, it is the first section that I read when I get my mag. It's like getting lots of mail in one hit.

Robyn Hope,

C/- Post Office, JOHNS RIVER 2443.

Feedback Link-Up Feedback

Dear Grass Roots,

Congratulations on a great magazine. My husband and I have been reading it for a long time now and have got a wealth of information and innovative ideas and are using it to set up our piece of paradise away from the rat race. We have purchased 128 acres in a quiet country town and are building on it at the moment. As school facilities go, there is not a great deal to offer, so we have opted to stay in the city for the next nine years so our children can have the opportunity to follow whatever path they wish.

Our block is in harsh country and it is not easy getting things done. We have persevered for two years now and we wish to be all set up and everything paid for in the nine years before our pilgrimage. On a positive note, progress can now be seen and living conditions are improving with each school holiday visit.

At our city home we have two **CHINESE GEESE** who constantly eat and we would like to ask readers if they can tell us what is the fastest growing ground cover we can plant to accommodate these nonstop eaters. Any sort of plants they eat would be appreciated as we are running out of grass. Could you please print your answers through the magazine as I will not have the time to answer individually.

Harry,

50 Quentin St, CAPALABA 4157.

Dear Readers,

Of all the magazines I've subscribed to on and off over the years, GR still beats the lot. Is there anyone down in the 7000 zone (Tassie) who would be prepared to have two long-time self-sufficient Grassrooters for a couple of weeks **HOLIDAY ON THE APPLE ISLE** next February (1996)? We could reciprocate by having you two up here at a time of your choice.

We have to offer a self-contained flat (onto our home) which is on the beach at Wild Cattle Island (off the coast of central Queensland near Gladstone). If you'd be prepared to show us some of the sights of your lovely island, we'd be prepared to do the same on our lovely island. Tasmania is the only state we've not visited.

Jose & Don Robinson,
Wild Cattle Island,

PO Box 22, BOYNE ISLAND 4680.

Dear GR Gang & Readers,

I have been reading this mag for some time now and have managed to collect quite a few back copies from local markets. I find GR to be a most useful and informative magazine. Keep up the good work.

Now maybe I can help out other GR persons. In GR 107, May & Stewart of Villeneuve Qld and also Mrs Francoise Hartzler of Kalgoorlie ask for help in **SEALING OF LEAKING DAMS**. If you can borrow a copy of Bill Mollinson's book *Permaculture, A Designers Manual*, on pages 164 & 165 are several directions on how to seal leaking dams, also a description of what bentonite is. I hope this will help you and any other readers with this problem.

Now it is my turn to ask for help. A letter to Feedback, GR 107, from C Buckley re **CHEWING OF LEAVES TO COMBAT ARTHRITIS**. Please, what type of leaves? Where do I obtain them? When do I chew? And how many? I don't need this information for myself, but for my aged mother-in-law.

Beyson Huddleston.

PO Box 57, CORINDI BEACH 2456.

We think you are referring to pennywort (*Centella asiatica*) which we had an article about in GR 102. Perhaps C Buckley can write in and clarify this.



For Chris Robinson and Interested GRs,

I was given a few **SILKWORM EGGS** about four years ago and have produced a small amount of silk every year so I can pass on my experiences.

When you get some eggs they should hatch in about six weeks after being removed from cold storage (more later). The caterpillars are tiny and black and don't make much impression on the mulberry leaves you feed them, but that changes quickly as the caterpillars grow and consume huge quantities of leaves daily, so proximity to a black or white mulberry tree is essential. You can keep leaves in a plastic bag in the fridge to save

picking daily in the early stages.

When the caterpillars are ready to spin they will be almost the size of your little finger, have stopped eating, and wave their heads to and fro. I then put them in an egg carton where they can spin cocoons in their own spaces away from dead leaves and droppings. The cocoons are usually spun firmly in 24 hours, but there are always a few caterpillars who don't know what to do and I discard these if they haven't spun within a few days, to reduce defective genes. After three to four days the caterpillar will have pupated inside the cocoon and you can hear a 'knocking' sound if a cocoon is shaken gently. If left, the moth will emerge through a hole in the cocoon, after about a week. The moth produces a substance to make the hole which dissolves and discolours the cocoon, which is why commercial silk makers kill the moth by immersing the cocoons in boiling water, keeping some aside for breeding.

Once the caterpillar has pupated I carefully slit open the cocoon and place the pupae in a shoe box lined with kitchen paper. When the moths emerge their sole purpose is to mate and they survive on condition put on during the caterpillar stage. The mating activity is frantic and the moths' wings are torn and shredded when they die after laying their eggs on the kitchen paper. This I fold up and keep in the fridge until the leaves on the mulberry tree are just budding the following spring. Once taken from the cold storage which is necessary for the eggs to develop, they will hatch in five to six to weeks and the cycle begins again. Enthusiasts in areas with more temperate climates could get two generations a season before the trees drop their leaves for the winter.

If you are set up for weaving, the silk can be reeled off the cocoons after soaking in warm water for a while to dissolve the glue which holds the cocoon together. I haven't tried weaving, but have been spinning cashmere from my goat, so I worked on a few cocoons at a time with wool combs and ended up with a pile of yellow fluff, which spins up quite easily into a silvery-grey thread with interesting slubs. This can be knitted, crocheted or woven into whatever you like.

Due to lack of time at this stage, I have limited my silk growing activities so they can be carried out in a shoe box and an egg carton. However, as each moth lays hundreds of eggs you can increase the size of your 'herd' to produce as much silk as you can use. Unfortunately, I cannot spare any eggs as I only keep small numbers at the end of each season, but you can often track them down through primary schools where their life cycle is studied.

The *National Geographic* magazine had an interesting article on sericulture in their January 1984 issue which may be available through libraries.



Georgina Clark,
PO Box 88, DUNGOG 2420.

Dear Readers,

We have a roomy **BEDSIT/STUDIO** separate from the house in the process of being renovated for the use of guests. It will be available rent-free to suitable folk for periods of a couple of weeks to long term in exchange for casual help.

A 'suitable person' would be self-motivated, enjoy a quiet lifestyle in the country, be a nondrinker or smoker and have skills in one or more of the following: building or renovating, mechanic and fix-it skills, arts, crafts, photography, signwriting, marketing or journalism. They'd probably be widely read and enjoy discussing a wide range of topics such as travel, language, nature, religion or crafts. Naturally they'd want to spend time exploring the Island.

To be able to get around the Island they'd need their own transport or be willing to hitchhike as there's no public transport and it's a big island. **KANGAROO ISLAND** is a nature lover's dream, and a delight to artists and photographers.

If you need your daily fix of noisy TVs, radios or people to survive, ours is not the place for you. We live quietly and intend to keep it that way. If you have a truck or bus licence there could be some casual work available. Other paid employment is very hard to come by.

If you think you'd like to come and stay please drop us a line, telling us about yourself, when you'd like to come and how long stay.

Bob & Lorraine Zinnack,
PO Box 309, Kingscote, KANGAROO ISLAND 5223.

Feedback Link-Up Feedback

Dear GR,

I am trying to find a plant called **CHINESE FIRE FERN**. I have an old black and white photo taken in 1971 when my mother owned one. It shows the plant has trilobed leaves similar in appearance to a rose's foliage.

A nurseryman told me that he used to propagate it about 10 years ago and has not seen it since. He said its foliage is almost red with a pink or yellow flower. It is also very easy to propagate. If anyone has any, or information, I would love to hear from you.

Ms J Breedon,
C/- 25 Fuschia St, WYOMING 2250.

Dear GR Readers,

I am doing research on what will be an anecdotal and hopefully inspirational book on **RIGHT LIVELIHOOD** or 'good work'. I would be interested to hear from anybody who feels that they have found a way of making a living that is exactly right for them. This may be any kind of work – mainstream or not, creative or not, as long as whoever is doing it feels that there is nothing else that they would rather be doing.

Any experiences or thoughts related to 'right livelihood' or the process of achieving it, would be appreciated. I will respond to everyone who replies. Confidentiality/anonymity respected if so desired.

Liz Oki,
36 Donald St, WOODY POINT 4019.

Dear GR Folk,

I am writing to hopefully reach somebody who wrote into Feedback a couple of issues ago. I can't remember her name and I can't find her letter, but she was writing about **FRUITARIANISM**. I just wanted to let her know (and anyone else who's interested) about The Fruitarian and Raw Food Network. They have a magazine that comes out four times a year with lots of interesting and motivating information. I try and eat only raw fruits and vegies (most of the time) as I really believe in the benefits of eating your food fresh – as it's supposed to be eaten – not cooked with all the life-giving enzymes destroyed. The contact and address for this network is: Rene Beresford, PO Box 293, Trinity Beach Qld 4879.

I live in the city and at times get very frustrated about it. But I find all your stories very encouraging and inspiring and I am trying to put as much of your advice and knowledge into practice NOW, not wait for 'some day when . . .' I would love to hear from anyone who has advice about growing vegies in pots.

Anna Rochka.

14 Coolcena Rd, ELANORA HEIGHTS 2101.



Chamomile

Dear Mary,

Bill Atkinson was asking about **ACNE ROSEACEA** in GR107.

For chronic acne add three tablespoons of dried chamomile flowers to a pot of tea after it has been removed from stove. Cover and let it steep until the tea becomes cold, then strain and bottle. Wash face every three hours if possible with the tea. A cup should also be drunk each day. The same treatment works for eczema, dermatitis, psoriasis, poison ivy rash, blackheads, herpes, cold sores and similar skin complaints.

Joanne Marriot, 107. **ASPARAGUS** plants are available through most nurseries in June/July each year, ask for asparagus crowns, or contact New Gippsland Seed Farm, PO 1 Silvan 3795.

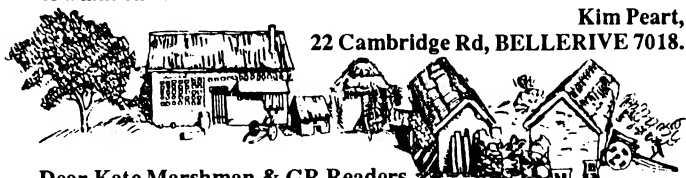
Colin Franklin,
ALEXANDRA 3714.

Dear GR Readers,

Does anyone have an interest in **WEST NEW GUINEA** (Irian Jaya or West Papua)? The Papuan Melanesians have practised sustainable agriculture in New Guinea for thousands of years; and now, a Sierra Club book tells us that they are on the way to being virtually culturally extinct within fifty years (*Endangered Peoples*, Art Davidson, Sierra Club Books, 1993, p171-176). With our need to achieve sustainable agriculture, there is a great deal which we should be learning from those West Papuans. I have written an article on the subject. If anyone would like to view it, I am happy to forward a copy along to you. There are still 10,000 refugees in the camps in PNG.

Does anyone have ideas on the culture we will need to be living so that we may be able to have to have an **ECOLOGICALLY SUSTAINABLE SOCIETY**? I am exploring the design of the community or village in which I would like to be living, and the kind of life that could be happening there. I am a keen folk and circle dancer and that could be a step in the right direction.

By the way, I am an artist, a painter in oils. I would be pleased to hear from any other artists out there in the woodwork; share a thumb-sketch, or a hint on varnish.



Kim Peart,
22 Cambridge Rd, BELLERIVE 7018.

Dear Kate Marshman & GR Readers,

In response to your **INSOMNIA PROBLEM**: My recent flatmate was suffering the same condition, so I checked out our local health food store which recommended aniseed oil for relief. She tried it by the method of diffusing the oil (heating a few drops of oil in water by candle flame in her bedroom) and found it works well, not only for insomnia, but also for asthma.

Also, a hear! hear! for Sandy from Caboolture (GR 107) for a regular page with tips for those new to self-sufficiency. I, being brought up in the city, but with an inbuilt tendency towards alternative lifestyle, am planning the big move to the country and self-sufficiency in about five years time. A friend of mine recommended GR, which I will keep an eye on for knowledge and guidance in educating myself for a more fulfilling life away from the rat-race!

Lella El-Kilany,
52 Attiwell Crt, KAMBAH 2902.

Dear Friends,

Seems I only write when I move house. We (husband, me and four children under three) are now living in a two bedroom unit in an attempt to save a deposit for some land out bush. It all gets a bit overwhelming sometimes, but dreams take time and energy to see them come true. Does anyone remember 'TINKER TAILOR' **FOLKWEAR PATTERNS**? Can I still get them? Does anyone still have some. Any information would be greatly appreciated.

Also, does anyone have any successful treatments for **ACID STOMACH** (possibly gall bladder attacks) – my husband would love some relief. Hope someone can help.

If Krystina Tighe is still out there please write – I lost your address and would like to get in touch.

Louisa,
C/- PO YACKANDANDAH, 3749.

Some folkwear patterns are available from, Handweavers & Spinners Guild of Victoria, 3 Blackwood St, North Melbourne 3051. Ph: 03-329-6191.

Dear GR,

I reply to the large number of people who wrote to me in response to my letter in GR 107. I'm sorry if you misunderstood my point of view. The only thought I was communicating was that I feel a spiritually uplifting presence in nature. I am not foisting my beliefs onto anyone else and I am not encouraging people to turn away from church. What I was saying is that I don't have to go into a man-made building to **FEEL SPIRITUAL**. I can feel that in a forest or any other God-made environment, or by stargazing at night as well.

Roberino,
Lot 4, ARRAWARRA BEACH 2456.

Dear GR,

Many thanks for publishing my letter in 107 for information on **COCONUT OIL PRODUCTION**. I have moved from Cairns to the central coast of NSW and wish to apologise to anyone who may have rung or written to me with information.

I have arranged a mail redirection but would still welcome any ideas for when I return to the tropics, to the address below.

Steve Nicholson,
RMB 1130, Lauffs Lne, WYONG CREEK 2259.

Feedback Link-Up Feedback

Dear All,

Enjoy your magazine, and after many years am writing with several requests. Can any kind readers please advise me of: supplier of sorghum suitable for human consumption, how to get rid of/kill/control harlequin bugs in my garden, use of tapioca and sago in vegan cooking, where I could get my *Le Creuset* stewing pot re-enamelled?

Also, if any readers have **CHILDREN'S BOOKS** that promote good moral values that they are willing to part with for our little boy, I would be most appreciative. Some of the children's books from yesteryear taught children to respect their elders, care for others, share with friends, love their heavenly Father, etc. Unfortunately I find some of the current nonsense fantasy literature, which is very popular, does not always espouse the values of faithful stewardship.

For readers interested in **VEGAN** or low sugar or low oil cooking a very nice Australian cookbook is available from the author, Ollie Aldridge, PO Box 47, Beaudesert 4285, for \$17.50 (incl postage). Other such recipe books are also available from Amazing Truth Aust Ltd, Private Mail Bag, Marysville 3779.

A tip from my mum in reviving slightly wilted salad vegetables is to soak in cold water to which has been added one teaspoon of sugar. Does wonders for tired lettuce. Finally, if anyone can spare a few seeds of seven-year beans I would be most grateful.

Janice Howfield,

RMB 4143, TALLANGATTA 3701.

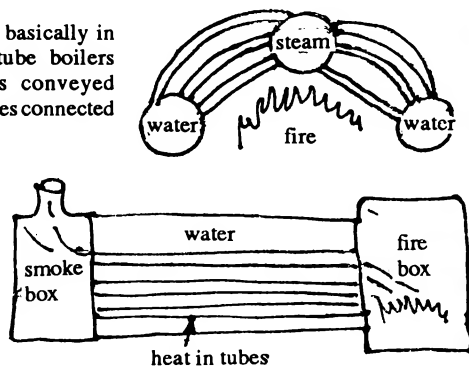
Dear Grass Roots People,

Hello Kev & Ria Murray, **REGARDING POWER FROM STEAM**. Water as we know it is not very compressible. Steam like air is very compressible. To convert water to steam, one requires lots of heat. Also a container to manage the steam. You may find that this comes under the classification of boilers and pressure vessels, the welding and construction of which are controlled by the Department of Industrial Relations, with heavy fines for construction without a current licence.

Pressure vessels can and sometimes do explode, killing or injuring people. All steel plate used in construction is to be tested for tensile strength and ductility, in relation to the required working pressure, to DIR standards.

Steam boilers are basically in two types. Water tube boilers where the water is conveyed through the fire in tubes connected to tanks.

Fire tube boilers where the water is contained in a cylindrical container (boiler) and the heat is conveyed inside tubes through the water.



Fuel for creating steam from water can be wood, coal or oil or coke. Wood burns fast and lacks the heat output of coal (you need more of it.) Coal gives off lots of heat. For maximum efficiency it should be crushed (peanut coal) or powdered, then it burns more completely. Powdered coal burns almost as completely as oil. Oil is cleaner and is completely burnt (no ash). Coke burns cleanest with a minimum of smoke.

Most of these heating methods produce gases. Even coke produces much smoke in its manufacture. Water for the boiler could be preheated using solar heating. This would minimise the amount of fuel required to produce steam. Please write to me if I can help you further. I was an old-time boilermaker, now retired.

Kel Connell,

PO Box 71, EAST GOSFORD 2250.

Dear GR Readers,

I find Feedback very helpful and informative, so I thought I'd write regarding **MYALGIA** (fibrositis, muscular rheumatism). Anybody have a remedy or relief other than anti-inflammatory drugs?

N Haxton,

13 Murchison St, MARYSVILLE 3779.

Dear Grass Rooters,

I have an interesting question and would be overjoyed if anyone can help me. Has anyone heard of the **KOMBUCHA MUSHROOM**? I have one, thanks to Linda and Abbie of Castlemaine district. It is a weird brown circular blob that floats on the top of tea. What you do is get one cup of sugar and two litres of hot water, put in five tea bags and leave in a bowl until it is completely cold. Then put the mushroom into the tea where it floats on the top. After one week it has produced a second mushroom and sort of fermented the tea which is then supposed to be a healthy tonic for the body. This is all I know about this weird mushroomy thing. The resultant tea tastes like a vinegary champagne. When the mushroom produces a second mushroom which we lovingly call the 'baby', you repeat the process by moving it into a new lot of tea. The old mushroom can be composted, or given away to someone etc. I really have limited information on this mushroom—anybody with any knowledge of Kombucha is most encouraged to contact me at the below address.

My next question is on a particular **BREED OF SHEEP**. I cannot quite remember the name but it is a British breed. I think from a Scottish Island. It is an exotic breed which has four or more horns. It is either called a St Kilda breed or a Jacob or something from that island area of Scotland. It is a coarse woolled breed and has lately been featuring on an album cover from a rock band because of its 'devilish' appearance. I am interested in people who may perhaps breed this type of sheep because of its aesthetic appearance. I am a spinner and weaver and also a wool classer and would love to breed these sheep or get in contact at least with someone who breeds them. All suggestions are most welcome.

Circe Tully,

GPO Box 1984R,

MELBOURNE 3001.

Scottish multi-horned sheep are the black woolled Hebridean and brown Manx Loughian. They display two, four or even six horns, with rams growing horns 35-45 cms in length. These breeds are considered to have been left behind by raiding Vikings, who colonised the islands and west coast of Scotland. Jacob sheep are also multi-horned, and have a piebald fleece. None of these breeds are available in Australia.



Dear Megg & Readers,

We manage a Friesian x Jersey dairy. It has been farmed conventionally for many years, however the farm has a few major problems with soil conditions (water logging during winter, salt spray and sea erosion).

We are interested in **NATURAL FARMING METHODS** and hope someone out there can suggest some good books to read.

I have many Pat Coleby books and am presently waiting on the arrival of PA Yeoman's *Water for Every Farm*. So if anyone can suggest some books or advice on farming and animal husbandry using organic, biodynamic or natural procedures and remedies, we would be most grateful.

J Goldsack,

C/- PO, TOORA 3962.

Try contacting NASAA (National Association For Sustainable Agriculture, Australia Ltd), PO Box 768, Stirling 5152. Ph: 08-370-8455. Also enquire locally to find out if there is an organic growers association nearby.

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Post to: Night Owl Publishers, PO Box 242, Euroa 3666, Australia.

Feedback Link-Up Feedback

Dear Grass Rooters,

A recent GR contained a letter from a reader who had been plagued by all sorts of SPIDERS at her new property at 'Spider Creek'. There is hope for her in regard to keeping the larger huntsmen or nonweb variety of spiders out of the house.

I live in a suburban house surrounded by heavy vegetation and wildlife. For many years there were frequent visits from huntsmen spiders and dramatic escorts back outside – usually late at night. I recall reading that nonweb spiders operate at a stressful beta level that creates fearful paralysis in their victims and terrorises humans. When people meditate on a regular basis they create relaxing alpha and theta level rhythms within themselves and also the surrounding environment. Since I have been meditating and playing alpha and theta tapes my house has been completely free of huntsmen spiders inside, and on the verandah, for two years.

Arachnaphobic friends have confirmed my suspicions that huntsmen appear when people are very stressed (operating at a high beta level).

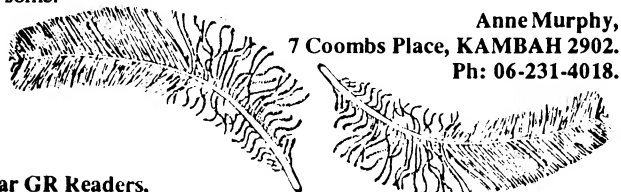
So it would appear that consistently decelerated brain waves, consistent with a meditative atmosphere, are incompatible with the beta producing nonweb variety of spiders and hence act as a deterrent to their entering one's environment.

Some Bach and Baroque music is alpha inducing and the Synchronicity Foundation in Melbourne specialises in tapes that induce deeply relaxing alpha and theta levels with ease (ph: 03-827-9609). So good luck to the lady at Spider Creek and thank you Grassrooters for all the wonderful ideas and information I glean from these pages.

Helen Durling,
6 Boronia St, SURREY HILLS 3127.
Ph: 03-899-5819.

Dear Grass Roots,

Is there anybody who could save LARGE FEATHERS for me? Any kind and colour would be good and if I could get some peacock feathers it would be wonderful. I have some large bush turkey feathers from the NT, but I suppose domestic turkeys are smaller, I know nothing about turkeys. I am prepared to pay for postage or money if anyone could send me some.



Anne Murphy,
7 Coombs Place, KAMBAH 2902.
Ph: 06-231-4018.

Dear GR Readers,

Here is just a quick note to say thanks for a very inspirational and encouraging mag. I found back issues in the local library, now I buy them eagerly. I live in the city, but now have ducks, chooks, vegies, and homemade crafts over the house and garden. Here is a recipe for HOME-MADE INCENSE as asked for in GR 106: 1 tablespoon very fine sawdust, 1 tablespoon spice or ground herbs, 1 teaspoon gum arabic.

Thoroughly mix the sawdust with spice or herb then add 1 tablespoon of water in which gum arabic has been dissolved. When all the ingredients have been mixed together shape into cones and allow to dry. Place cones in small metal dishes and light – the incense will smoulder, filling the room with fragrance. (from Alan Hayes *It's So Natural*, Bay Books publication).

My real interest is in handmade items such as paper, crafts, soaps, liquors – anyone willing to share or wanting info please write.

Nik Jeffery,
76 Powderworks Rd, ELANORA 2101.

Dear Megg & Mary,

My husband and I own a small farmlet outside Dubbo and we're interested in planting native trees, especially of the 'wild food' varieties. QUANDONG TREES have been suggested but we've had little luck in finding out much about them. Can any readers help with information? Thank you for an inspiring magazine.

Kylie Warnock,
'Auchtralure', Mendooran Rd, DUBBO 2830.

Try contacting the Australian Quandong Industry Association, 51 Piper St, Bathurst 2795.

Dear GR Readers,

We have been reading GR for over 12 months now and to say it has changed our lives is putting it mildly! From knowing very little about fruit, vegies etc we now have a thriving collection of plants on our mountain block in Mapleton, Queensland. Striving for self-sufficiency and using permaculture principles has to be the most worthwhile goal ever!

We are now at the point where we PROPAGATE most of our own plants and would like to start selling seedlings, tubes, etc at markets, corner stores and nurseries. Our problem is that our success rate with seedlings and cuttings is only about 50% and this would obviously need to improve (and without chemicals). We would love to receive advice from other GRs who can help. We will reply to all letters and share any tips that make a big difference.

We will be most grateful for any help.

Brett & Lesley Campbell,
PO Box 579, BUDERIM 4556.

We are working on a revised edition of 'Starting A Nursery Or Herb Farm' which will contain all the propagation advice you are after. Stay tuned, we will let readers know when it's available.

Dear GR Readers,

My husband and I have five sons between the ages of 5 and 12. Due to one of our boys having numerous problems with school, we became aware of alternatives to mainstream schooling in recent years. We looked into Steiner schools in NSW, however soon afterwards my husband's work took us to central Queensland. We have found some big differences in the education system from state to state and have become very disillusioned with the school system as it is. Does anyone out there know of any ALTERNATIVE TYPE OF SCHOOLING in our area? We would love to hear from you and would be grateful for any help.

Marika Steel,
114 Lucas St, NORTH ROCKHAMPTON 4701.

Dear Down-To-Earthers,

Although many readers contribute advice in these columns with good intentions, sometimes this is based on ill-founded knowledge. I am no expert myself, but I would like to comment on a few articles in GR 107.

In response to Gaelle Murray who wrote about CURING HEADACHES AND MIGRAINES. She suggested that taking one teaspoon of mustard would relieve sufferers. In Jethro Kloss' book, *Back to Eden*, he says that mustard is a health destroying food. Mustard can cause inflammation of the stomach and skin and habitual use produces intestinal catarrh and ruins digestive juices.

On the subject of organic gardening, my mind boggles when I think that anybody could be so ignorant as to use OLD CARPET FOR MULCH. It should be obvious to the logical mind that carpets, newspapers, commercially produced straw, chaff, chicken manure, etc are full of inorganic compounds, pesticides, toxins and chemicals. Organic should mean just that.

My heart goes out to Sandy Redman and family for what the system has done to them as well as millions of other people. It has taken control of the majority because they have bought in to materialism and let it control their lives. Sandi, I hope that the bitter lesson of usury has shown you the light. Your kids, because of the system, have learnt to rely on external entertainment and have forgotten or lost the ability to entertain themselves.

I am desperately seeking an OLD-FASHIONED ALSATION BITCH to A1 with seed from my old boy who has passed away. Must be healthy and not on heartworm medication. Need to be predominantly black with eyebrows and burnished tan markings. Share of puppies and fee for your trouble.

I would very much like a pattern (or even the lend of an old pair to make a pattern from) for CROCHETED SHOES. I have seen them once or twice (both times on girls from New Zealand) and they are crocheted onto a leather sole.

Finally, would anyone know where I can get a supply of ORGANIC COTTON for a small clothing business, and organic dyes for use on garments? Any information would be appreciated. All mail answered.

The Feral Angel,
PO Box 74, YARRA JUNCTION 3797.

Feedback Link-Up Feedback

Dear GR Readers,

I am hoping someone can help me. I have three children. My eight year old has ADHD and the doctors have prescribed a drug for his problem, dexamphetamine (speed). I do not agree with this; he has not improved by much with this, if anything he has gotten worse – mood swings, depression, loss of weight and appetite, which to me is unhealthy. So I am wondering if anyone else has the same problem, and if there is a herbal way of dealing with this rather than prescription drugs which are not doing much good.

Trish Perry,
PO Box 82, TOOGLOOLAH 4313.

Dear Megg and Mary,

I'm wondering if it is a complete coincidence, or is there a sound reason for the white fly leaving my beans alone this year and last year, not to forget those tiny hard-winged little brown flittery insects?

I've got seven-year beans, thanks to having some seeds sent to me by a GR reader, now into their third year of bearing beans. The first year was spoilt by clouds of white flies that left a black sticky mess on the backs of the leaves and that rose in a cloud when I hosed the garden. The brown insects seemed intent on taking up any slack left by the white flies. I'm not into using poison sprays, so hosing them off was about the only weapon I felt able to use.

But last year and this year, I allowed HOLLYHOCKS, only three or four plants of them, to grow where they seeded themselves, right next to the beans. When I saw how enthusiastic the insects were about attacking the hollyhock leaves, I left the plants in right to the dried-up end of them. The backs of the leaves were and are, coated sticky black even though the plants are seeding out now and the leaves that are left are looking tatty and drying out. Yet still the insects haven't moved a few feet onto the fresh green leaves of either my beans or other plants in my tiny garden, apart from a scattering of the brown insects.

So, where do they go when they finish the hollyhocks, I wonder? Or what if . . . what if the hollyhocks attract these insects and then either poison them or affect their breeding in some way? Does anyone else know anything about this strange relationship between hollyhocks and beans? My beans are flourishing and there seems to be no interest from the insects in the nearby potatoes or basil or a single pepino plant given to me by a friend. So I wonder, what is the reason for this?

June Grondin,
48 Harrison Way, KILSYTH 3137.

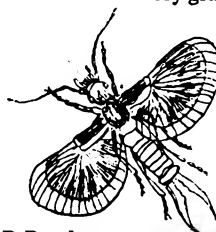
Thanks for sharing your observation June. We haven't heard of this beneficial relationship before and are sure other readers would like to experiment with hollyhocks.



Dear Grass Roots,

We require information on **GROUP TITLES** – how they work etc. If anyone has a council policy or knows of a local council that has a group titles policy, could you please let us know. It would be especially relevant if it was a Queensland council, but we are interested in any in Australia. You could write to the below address or ring collect 074-916-890, or 018-989-958. We would be very grateful.

Mark & Alana Vaney,
PO Box 6103,
MOOLOOLAH VALLEY 4553.



Dear GR Readers,

I have a major problem which I would like to have solved – **EARWIGS** in my garden. Now, most gardening books will tell you that earwigs are not a major problem, but the authors have not been to my garden.

The worst time for earwigs is in spring, just when I want to get my summer garden going. They devour all young members of the curcubit family, lettuces, cabbages, beans, radishes, carrots, silver beet, basil, even tomato and rhubarb leaves which are poisonous. Garlic sprays have no effect on them – I suspect they have that as entree. They don't eat sweetcorn (until the cobs fill out), sorghum or millet. Most weeds are safe. This summer they even chewed my peaches when they were about one centimetre diameter.

Earwigs feed at night, so I have gone out with a torch about an hour after sunset for a week and sprayed every earwig in sight with pyrethrum. That seems to kill most of the ones I hit, but there are still enough left to eat everything I plant. Next week, I did the same with carbaryl (yuk!) – a little more effective and expensive, but still doesn't get them down to manageable levels. They seem to breed as fast as I can get rid of them.

Last year and the year before, I let the chooks into the vegie garden in early spring for several hours a day, sometimes all day, for about two months. Chooks love earwigs, but unfortunately they also destroy the vegies with their scratching. I've tried trapping in bunches of rolled up newspaper in pots: partially successful, very time consuming, and they prefer my mulch. I have hunted out their nests and sprayed them in situ. I know of no natural predators or parasites except chooks. Frost, heatwaves, floods do not get rid of them. Still no vegies. **HELP!!**

The strange thing is that I haven't got them in my front garden. I know people around here who have almost given up gardening because of earwigs, and others who hardly see an earwig.

Apart from the earwigs, we, husband, Peter, youngest daughter, Eleni, 14, and I have a great lifestyle on our acre block in a small friendly country town. We run a craftshop from our home ('Margaret Villa Crafts') and sell Peter's redgum tables, my natural and herbal ointments and moisturiser, jams, pickles etc and a wide range of herbs, as well as a lot of local art and craft. Sometimes we have a stall at local craft markets or shows, which I love doing. I also attend our local Flinders Handspinners & Weavers group, am a member of the Herb Society of SA and have many other interests. As with a lot of other small businesses, the drought and recession have made things a bit of a struggle financially for us, so I really miss the vegies the earwigs eat.

So, to anyone who thinks they might have a solution or wants to share their experiences with earwigs, or trying to make a living selling crafts, I welcome a reply, you can phone (anytime), letter, feedback, in person. Yours in friendly desperation.

Rosemary Humphris,
70 West Tce, WIRRABARA 5481.
Ph: 086-684-018.

None of our books here suggests any method you haven't already tried. Why not try moving the vegie garden to the front garden area where there are no earwigs and giving the poultry unlimited access, for an extended period, to the present vegie garden area? With careful planning a front vegie garden can be made to look very attractive. Also read our two-part article on holistic pest control in GRs 108 & 109, and work on developing a diverse ecosystem.

Feedback Link-Up Feedback

Dear GRs,

I'm writing to ask for help in locating a smallish **PORTABLE RAINWATER TANK**, suitable for my rented suburban garden. I know I've seen them advertised, but can't remember where. For practical reasons it would need to be not too far from Melbourne.

Janni Summer,
76 Hotham St, PRESTON 3072.

Hi GR Everybody,

After enjoying GR for quite a few years I just bought five acres in outer Sydney. The mortgage is astronomical and I just have to make it work. There is a big working shed and part of the ground seems to be covered by unfertile fill of subsoil (clay). The property was used for running a few horses.

As I am totally green, are there kind souls around who would be willing to give me some advice how to start, what to do/not do, what to read etc. I would like to start **ORGANIC HYDROPONICS** in the shed.

What crops are fast growing, easy to grow? Are there any seeds available from Government subsidy? Some seedlings in demand?

When I make my situation financially viable, I intend to offer the space for training of handicapped people on my farm. Is somebody looking to rent? There is a three bedroom house and granny flat. Any ideas or joint venture offers welcome.

Anybody who would like any information about healthy **KOMBUCHA** brewerage send self-addressed envelope please.

Donna,
PO Box 86, SUMMER HILL 2130.
Ph: 02-569-6062.

Dear Everyone,

I am just thrilled to bits about your magazine. I just luvit, and highly recommend it to everyone. I am looking for a homemade recipe for **SEAWEED BASED SKIN CARE**. Please write to me as I am eagerly waiting to hear from you.

Could GR please do a story on hydrogen peroxide and what its many uses are. I think it would be very interesting.

My small contribution to you all is a quicky **FACE MASK**. After you have eaten a banana, scrape the inside of the banana peel and rub gently over your face and back of hands. Wash off after 10 minutes. Feel and see the difference.

Robyn Leese,
126 Bowen Rd, GLASSHOUSE MOUNTAINS 4518.

Dear Grass Roots Readers,

To all contributors to GR: a big heartfelt thank you. Apart from many hours of enjoyable reading, I have learnt lots from your tips, ideas and information since I discovered this magazine some ten years ago. Now I have moved away from the city I am again searching through them for ideas about fixing my place and block. Interesting and encouraging articles which were irrelevant at the time, make this magazine invaluable as it provides information on such a broad range of topics which are bound to become relevant sooner or later.

I have a request re **BACK COPIES**. Missing in my 'library' are nos 1-11, 14, 16&17, which are unfortunately out of print. Are there any readers who would be willing to separate with them? In my ears it's an almost impossible request, but I cannot let this stop me from asking you. Please drop me a line. I would be eternally grateful. Costs and postage will be taken care of, of course.

I wonder if there are GR readers in the upper north of SA, around Peterborough - Jamestown - Gladstone and north of this 'line'. Being new to the area and virtually knowing no one, I would appreciate contacts with like-minded people, sharing ideas, perhaps friendship. Enjoy whatever you are doing. I am looking forward to your replies.

Johanna,
C/- PO Box 242, EUROA 3666.



Dear Readers,

I was wondering if anyone has recipes for making **TOFU** and **SOY CHEESE** (I have seen some soy cheese in supermarkets so know it exists), or a similar substitute. I have scoured our local library in vain, the only reference it has on soy is a kid's book which just gives a basic

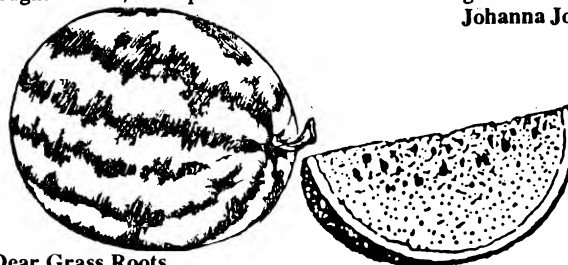
overview to the industry! Thus, I would really appreciate any information anyone has. Please reply through Feedback for the information of all.

And, because I think that Feedback should be an information exchange, I have included my favourite (watermelon) **SORBET** recipe for others to enjoy.

You need half a watermelon (about 1.75kg), 100g sugar, 1 1/4 tablespoon orange juice. Puree watermelon, after picking out seeds. Stir sugar and juice into pulp. Freeze. When set, break into chunks and process in a food processor until smooth. Serves eight. (If you don't have a food processor then you can freeze until half-frozen, whisk well. Return to freezer. Freeze until firm. Note that this way, it may need leaving out for 15 minutes before serving to allow it to soften.)

Thanks also to Denis Rothwell and Bhakti Saraswati for your great yoghurt recipe in GR 106 - I now make it daily and my family devour it eagerly. Anyone who hasn't tried it yet, do so - it's much nicer than the bought version, is simple to make and the cost savings are immense!

Johanna Joswati.



Dear Grass Roots,

For enquirers about **NONCHEMICAL CLEANERS**: I am totally chemically sensitive (burnt weeds sprayed with 24D), so have to use only carb soda, Sunlight pure soap, washing soda, vinegar, borax and salt. Clean teeth with carb soda and cornflour, also good for deodorant, but lemon juice works too.

Clean sink, bath, shower, loo with carb soda paste. Washing is done with carb soda, washing soda, borax and Sunlight soap, rubbed on extra dirty spots. Vinegar cleans soap from your hair.

A marvellous detergent is available from: Cliniclean Laboratories, Laidley Qld. Ph: 074-651-481. It's about \$3.60 for two litres. They'll despatch to you by mail. It's nontoxic and can be used for everything, shampoo, shower, washing and washing up. It removes grease if put straight on the spot, is a horse, cattle and dog shampoo, helps dog skin itch.

Carb soda paste removes spots on cars. The best ointment is zinc and castor oil cream. Salt water is all that is required for disinfectant or antiseptic.

To make up cockroach trap, rub vaseline on the inside neck of a jam jar, put a piece of banana inside. Cockies go in and can't get out.

Use washing soda and Sunlight soap for washing up, washing floors and walls etc. These products are so cheap and go so far, they are real savers as well as saving your family and environment.

Veneta & Leo Fitsummons,
BEECHMONT 4211.

Dear GR Magazine,

I am a single lady, aged 29, and if someone would like to write to me and tell me about Australia I would be happy to hear from you. I thought you might be interested in our method of farming here on the island of **BOHOL IN THE PHILIPPINES**. I live in the middle of the Chocolate Hills which are about 1200 strange cone-shaped hills about 200 metres high. People come from all over the world to see them and it is not known how they were formed.

Between the hills are small flat plains where we grow rice and corn, and plough the land with buffalo. The people are very poor, some own their own land, but others are tenant farmers who must give half their crop to the landlord. We carry our corn crop to small local mills where the miller keeps a percentage in return for the flour. However, we lead a happy life and all the children are healthy and go to school. On our farm we are lucky to have a small permanent spring. I look forward to hearing from friends in Australia.

Oliva Inson,
Buenos Alres, Chocolate Hills,
CARMEN, BOHOL, PHILIPPINES 6319.

Feedback Link-Up Feedback

Dear GR Friends,

Hi! Running late with our renewal of your magazine subscription for next six issues. Our excuse is that we have been **CARTING WATER** over months last year for our animals and plants, a very continuous job when only using a small tank on our trailer, about 160 gallons each trip. This year the few showers of rain have been really good, topping our tanks for drinking water supply. Paddocks have now greened up and our little donkey and goats are enjoying the green feed. Prior to the fire restrictions coming in a month earlier, we had been working on our firebreaks as we do every year in our bushland gully – raking leaves away from trees, picking up fallen branches to be piled up for night burning. So much to be done quickly.

Last year strong winds blew many trees down and they had to be sawn to move them off fences as some were quite large. About 12 metres of our tall Norfolk Pine snapped off (was about halfway up the tree). We only have two Norfolks and it was the better one that snapped, if it had been the one which had been treated for bark damage years ago we could have understood the weak spot.

Our best wishes to those on the land in the badly hit drought areas, wishing for follow-up rain for your crops, we really feel for your problems.

Gordon & Iris Glen Garrick,
'Glen Garrick Farm',
1002 Old Northern Rd, GLENOIRE 2157.

Dear GR Readers,

Firstly, to anyone who, like me, has had **GINGER BEER** explode and had to clean up the horrible sticky mess with the dangerous sharp glass; we've had success with using the 500ml screw-top plastic soft drink bottles. If the bottles build up too much pressure and look bloated just unscrew the top and let some gas out and retighten. The recipe we've been using suggests leaving for three weeks before drinking so we let some gas out once a week for the three weeks so they don't explode. To date none have exploded and all have had enough fizz.

We have finally been able to buy our own property on the banks of the Murray River. After looking at properties for the last three to four years and thinking we couldn't afford to buy land, we managed to find a piece that had most of the things we wanted on a property we were able to afford. We live in a transportable building at present but hope to build eventually – probably will be years before we manage to start that. In the meantime we would appreciate any information, ideas, help from other readers on ways to build with the materials available to us here. The land is mostly cleared, small pockets of mallee remaining, with the ground being made up of 15-30 centimetres of red/orange sand on broken limestone, so mud bricks are not possible. The sand when mixed with concrete seems to crumble although it may be stronger if it was compressed. How do we tell if it is suitable for rammed earth or compressed bricks? Any suggestions on how to make the sand stronger so it can be used by itself or with the limestone to build with? Is limestone strong enough or will it crumble in time? We would be grateful for any replies or anyone else living in the area who would like to write.

Debbie & David Pillar
Box 83, NILDOTTIE 5238

Dear GR,

During the 10 years that we have lived on a small acreage south of Coffs Harbour, our mown lawn near the house has been taken over by **FUNNEL ANTS**. After wet weather, these red/black insects excavate topsoil into inverted cones on our lawn. Lorsban brings temporary relief but we would like to use an environmentally friendly way of moving these pests on (as would all of our neighbours). Suggestions?

Doug Simpson,
2 Bligh Drive, BOAMBEE 2450.

Dear Readers,

I am writing to warn all dog owners of the danger of 1080 poison. We recently lost both our dogs on the one day after neighbours had had 1080 **RABBIT POISON** used on their property. They did ring to warn us and we kept the dogs confined for a week. The paddocks were checked, and carcasses removed on three occasions, once by the contractor and twice by us on our side of the fence. Almost two weeks after the poisoning our dogs were taken for a run in the paddock and must have found a shriv-

elled up, barely recognisable carcass in a bracken patch where we had not been able to see.

After that period of time, and after having checked the paddocks carefully, we were sure there would not be any danger. The vet later told us he had heard of many similar cases, including one instance where a dog died five weeks after the poisoning. Apparently, the poison is water soluble and washes into the soil after a good rain. As it had been so dry in this district the poison remained and was still very toxic in the dried carcasses.

If you realise what the dog has eaten and can get it to the vet immediately there is a chance of saving it – the stomach is pumped and an adrenalin injection administered.

In the case of our labrador, it was at least five hours later before any symptoms were obvious. By then it was too late for any treatment to work.

If you live in the country and have dogs, don't take anything for granted where 1080 is concerned. You can't be too careful.

Mary,
C/- PO Box 242, EUROA 3666.

Dear Grass Roots Readers,

A letter from Cheryl Hennessy some time ago regarding composting on a balcony, prompted me to write and let all city dwellers know an easy, no fuss or smell way to compost in the suburbs, city, or anywhere.

We have our own **BALCONY GARDEN**, with veggies, herbs and flowers as well as all sorts of indoor plants. We also are doing our best to reduce waste, recycle, care for our environment, buy Australian products, and live in the city. This prompted us to look for a way to compost our kitchen scraps, as we have to respect our neighbours and the rules for tenants. One year ago we found our 'composter': a worm farm we keep in the garage where it is cool.

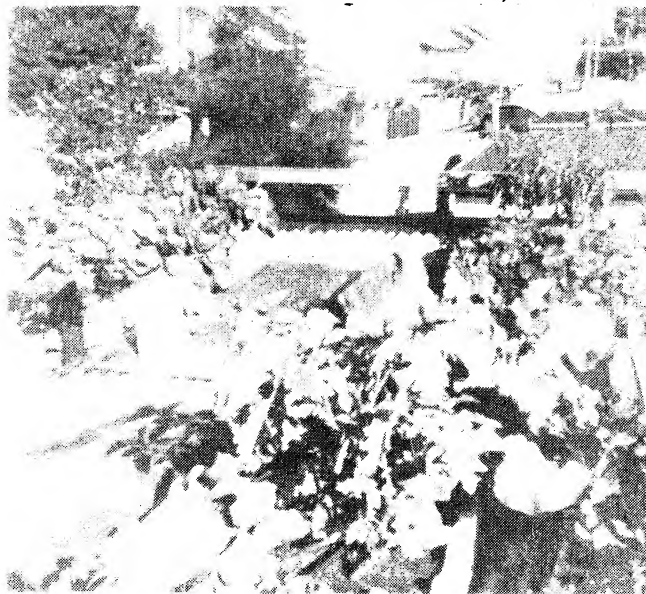
The **WORM FACTORY**, made by Reln Plastics, in Victoria is an Australian made and owned product and is made of 100% recycled plastic. Being compact, space is easily found for it. Just add the worms, your kitchen vegetable scraps and a dash of water each week.

It is so easy to reduce garbage, and not put scraps down garbage disposals that flow into our waterways.

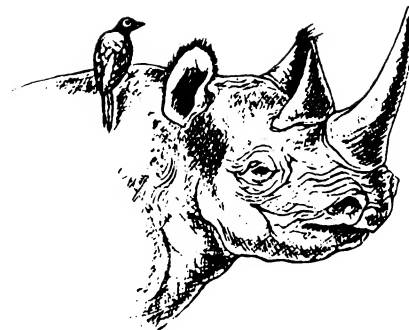
The factory needs little care, we spend 10 minutes each week on them, keep them cool, moist and fed and they are happy doing what they do best – composting – and you are left with abundant liquid fertiliser for all plants and lots of castings to make your own potting mix. The worms also multiply quickly and are great for fishing, expanding, or giving to friends so that they can also start their own composter.

If anyone needs any other information please do not hesitate to write.

Tracey and Dave,
2/721 Blaxland Rd, EPPING 2121.



Kids Pages



GROWING POTATOES

What You Need:

- a pot, 30-40cm in diameter
- potting mix or garden soil and compost
- two small potatoes

What To Do

Put about 10 centimetres of potting mix in the bottom of the pot. Place the potatoes on the mix and cover with about four centimetres more mix. Water well and place in a sunny spot on your verandah or garden. As the potatoes grow, keep adding a little more potting mix so that the leaves are just covered and not exposed to the light. Keep doing this until the mix is about four centimetres from the top of the pot. Then let the plant grow big and flower. Don't forget to keep watering it. The potatoes are ready to be harvested once the plant has flowered and begins to die down (about 4-5 weeks). The potatoes will be underground. Dig them out or turn the pot upside down.



Keep covering the leaves with soil as they grow, to nearly the top of the container.

Q. What has eyes but cannot see?

A. A potato.

BOOK REVIEW

How on Earth? by Ronald Orenstein.

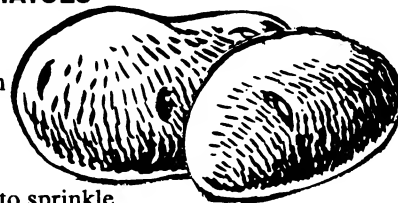
Have you ever wondered why zebras have stripes? How a hedgehog rolls into a ball? Which insects grow their own food? These and many more fascinating questions are answered in *How on Earth?*, a fact-filled book about the interesting ways animals and plants grow, find food, defend themselves, reproduce and live in communities. You can read this book for fun, use it for school projects or play a nature trivia quiz with all the questions found throughout the book.

Published by Random House, RRP \$19.95.

COOKERY CORNER

STUFFED BAKED POTATOES

- 6 large potatoes
- 125g sweet corn
- 125g cooked spinach
- 50g grated cheese
- 25g butter
- salt and pepper
- extra grated cheese, to sprinkle



Bake the potatoes in their skins in a preheated oven at 200°C for 1 1/4 hours or in the microwave until cooked through. Cut the potatoes in half, lengthwise, and scoop out the flesh, leaving the skins whole. Mix half of the potato with the other ingredients. Pile back into the skins and sprinkle extra cheese on top. Put back into the oven for a further 20 minutes, or five minutes in the microwave, to heat through.

WHY DOES THE MALLEE FOWL BUILD A MOUND?

The mallee fowl doesn't build a nest or sit on eggs. Instead, the male builds a giant compost heap five metres across. He takes care of it for ten hours every day, ten months a year. When the mound is ready, the female lays her eggs in it, and never bothers with them again. For two months, the male keeps the temperature at almost exactly 33°C by adding rotting plants or taking them away. It uses the inside of its beak as a thermometer to check its work. When the eggs hatch, though, his job is done. The babies dig their way out of the mound themselves and set off on their own. They can fly from the day they hatch.

This information comes from *How on Earth?* by Ronald Orenstein, which is reviewed on this page.



YOGA FOR KIDS

Centuries ago in India, wise people observed the supple bodies and good health of the animals and imitated their movements to discover how beneficial it was for the human body. This is yoga. Here are a few yoga postures to try out.

Remember, there is never any competition in yoga. Just do the best you can. That is enough. Be relaxed, move slowly into and out of the position, breathe regularly at all times. Always end each exercise with The Sponge.

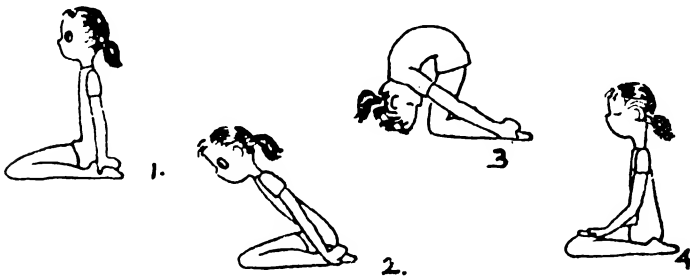
YOGA POSTURES

The Sponge

Lie on your back with your arms at your sides, palms up, eyes closed. Legs are slightly apart, feet falling to the sides. Let your whole body sink into the floor. Think of a sponge, deep in the sea. Lie in this relaxed position for two minutes. Now try these exercises.

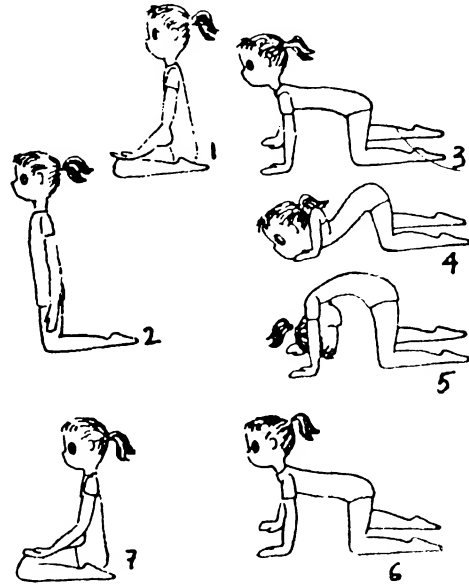
The Rabbit

Sit on your heels. Reach back and hold your heels. Still holding your heels, bend forward slowly. Place the top of your head on the floor, close to your knees. Now rise up off your heels. Count to five. Slowly sit up. Place your hands on your thighs, palms up. Sit with your back and your head in a straight line, and rest.



The Cat

Sit on your heels. Kneel. Spread your knees apart. Bend over and place your hands on the floor. Slowly lower chest and chin to the floor. Elbows flare out as you come down. Count to five. Now slowly, in one smooth motion, lift up your back like an angry cat, pull in your stomach, and let your head hang down easily. Relax your back, release your stomach. Then sit back on your heels, close your eyes and rest.



Reprinted from *The Smallholder*, No 79, Winter 95.

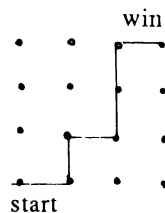
INSIDE GAMES FOR WINTER

DOT GAMES

Up Right

The first player starts at the dot in the lower left corner and draws a line to join up two dots. Lines can go up or to the right. The next player then has a turn to draw a line. The player who lands on the dot in the top right corner is the winner.

Start off with a small dotted area, then try larger games.

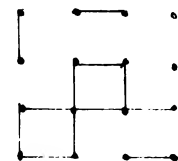


Linking

Players take turns linking dots that are next to each other, side-by-side, or above and below. A dot may be linked to only one other dot. The player who makes the last link wins.

Paddocks

Players take turns to link dots, as in 'Linking', but the dots can be joined to make squares for fenced paddocks. The person who puts the last link in the paddock marks their initial inside. At the end of the game the player with the most paddocks wins.



MIME GAMES

Statues

For this game, you need someone to stop and start music on a radio, tape or CD player or with a musical instrument, if they can play one. Everyone else dances about to the music and when the music stops must freeze into statues. Anyone still moving is out.

Sculptors

Divide players into pairs. One person curls up on the floor into a loose ball. They are the clay. The other person is the sculptor who moulds and lifts the clay into a standing statue. Have the sculptors create statues showing different moods – happiness, anger, fright, shyness. When the sculptors have admired each other's work, swap places so that the clays have a turn at being the sculptors.



Q. Where do fish keep their life savings?

A. In a river bank.

While the Billy Boils

Winter is a great time to experiment with baking pies. As many people are either allergic to most of the traditional pastry ingredients, or find pastry too much of a fiddle to make, we have found instructions that will suit both allergy sufferers and those who don't have a lot of time to spend fiddling in the kitchen. The pastry is easy and versatile and the fillings can be anything you fancy. We've given some suggestions to get you going, but you can be as creative or as simple as you like.

PIES FOR ALLERGY SUFFERERS

Versatile Pastry

This pastry is easy to make and you can use just about any flour, so those allergic to wheat and/or gluten can use barley, rye, oat, millet or rice flours, or even buckwheat, lentil or chick pea flours. The idea comes from Xandria Williams' most useful book, *Living With Allergies*. It is simply a mixture of the flour of your choice with cream (45% or 33% fat content).

Start with one cup of the flour of your choice and add sufficient cream to obtain a texture dry enough not to stick to the rolling pin but moist enough to hold together. Add small amounts of either flour or cream to get the right texture; mix it in with the fingers.

If using a flour without gluten, such as millet meal or brown rice flour, knead the dough for a minute or two before rolling it out.

Those allergic to dairy products can substitute half a cup of cold-pressed oil, quarter of a cup of water and a tablespoon of lecithin granules for the cream. Put them into a blender and mix at high speed for a minute before adding to the flour.

For pastry without any allergens use one-eighth of a cup of cold-pressed oil, quarter of a cup of water and lentil or chick pea flour (or any other you are not allergic to). Have flour ready in a bowl. Blend the oil and water at high speed for about a minute. As soon as the blades stop rotating, remove jug and pour mixture into flour. Mix well and knead into a dough. Use lentil flour to dust pastry board and rolling pin.

Fillings

Savoury

Xandria Williams suggests cooking a double quantity of any of your nonallergic meals and using the leftover from the first meal to fill a pie for another meal.

Sweet

Chop or slice sufficient of any fresh fruit to fill the pie shell. Make a sauce with arrowroot and any liquid you can toler-

ate (water, fruit juice, milk of any sort). Pour this over the fruit. Place a pastry sheet on top and cook in the normal way.

Spinach

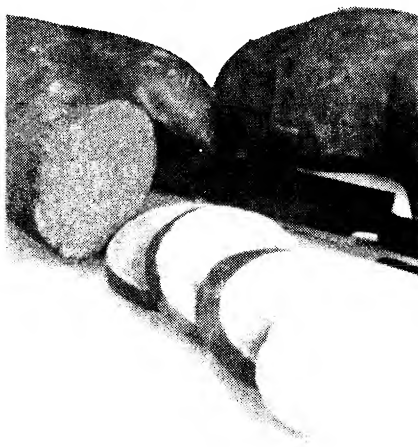
- 250 g spinach
- 1 tbsp butter or cold-pressed oil
- 100 g gouda cheese
- 1/4 tsp grated nutmeg
- 2-3 cups cooked grain of your choice (brown rice, barley rice, buckwheat)
- 1 tbsp chopped chives

Chop, cook and drain spinach. Grate cheese. Saute spinach and chives in the butter or oil. Add cheese and nutmeg. Mix in preferred grain and stir well. Spoon into prepared pastry case. Top with another sheet of pastry, or extra grated cheese if preferred. Cook in a moderate oven 30-40 minutes.

Apple and Walnut

- 1 kg cooking apples
- 2/3 cup walnuts
- 1 1/2 tbsp flour of your choice
- 2 tsp grated orange or lemon rind
- 1/2 cup honey

Peel core and thinly slice apples. Chop walnuts. Combine all ingredients and spoon into prepared pie shell. Top with a layer of pastry and cook in moderate oven 30-40 minutes.



SWEET POTATOES

- 500 g sweet potatoes
- 1/2 lemon
- 2 tbsp sugar

Cut lemon into very thin slices. Peel sweet potatoes, cut into 2.5 cm slices. Cover potatoes with cold water, let stand 10 minutes, drain. Place in saucepan, add enough boiling water to cover, add sugar, stir until sugar dissolves. Add lemon slices. Cook, uncovered, turning occasionally, about 20 minutes or until tender but still firm. Serve garnished with cooked lemon slices.

Colin Franklin, Alexandra.

BARLEY AND MUSHROOM BAKE

- 1 medium onion
- 250 g mushrooms
- 1 cup barley
- ground pepper, to taste
- 1 tsp finely chopped dill
- 5 tbsp butter or cold-pressed oil
- 2-3 cups vegetable stock

Dice onion and slice mushrooms. Preheat oven to 180°C. Saute onion, mushrooms, barley, dill and pepper in the butter or oil, stirring frequently until barley is lightly browned. Place in a large casserole dish and stir in most of boiling stock, reserving half a cup. Cover and bake for one hour. If all liquid is absorbed and barley is still too hard, add reserved stock and cook a little longer. Barley should be slightly crunchy. Serve with a green salad.

Sarah Tomkins, Armadale.

PEANUT OAT CRUMBLES

- 2 cups rolled oats
- 3/4 cup flour
- 1/2 cup salted peanuts
- 1 egg
- 1 cup brown sugar
- 1/2 tsp baking powder
- 1/2 cup melted butter

Mix rolled oats, brown sugar, flour, baking powder and chopped peanuts in a basin. Add melted butter into which the egg has been beaten. Place teaspoonsful on a greased baking sheet and bake in a moderate oven 15-20 minutes until they are golden brown. Remove from oven and loosen on the tray, then place each on a wire cake cooler.

Pamela Odijk, Mt Morgan.

A FLOWERPOT IN THE KITCHEN

by Pamela Odijk, Mt Morgan, Qld,



photograph by
Herman Odijk.

Clay flowerpots are cheap to buy and are very useful things to have in the kitchen as the following recipes show. The clay retains the heat when cooking, in the same way as did the old brick bakers' ovens. However, the flowerpots have to be seasoned before use.

TO SEASON FLOWERPOTS

Grease them over with oil or lard and bake them in a very hot oven (230°C) on at least two separate occasions, allowing them to gradually cool in the oven after each heating. Ideally, these pots should not be put into water once they have been seasoned but often this is unavoidable, so make sure they are well oiled before the next baking.

FLOWERPOT BREAD

Practically any loaves can be cooked in clay flowerpots. For bread making, pots 10 centimetres across are the best. Buy at least four.

Easy Recipes for Flowerpot Bread

Wholemeal Bread

450 g stoneground wholemeal flour
450 g strong white flour
4 tsp salt
2½ cups warm water in which is dissolved 1 dsp molasses
30 g fresh yeast
Put the flours into a bowl and make

a well in the centre. Dissolve the yeast in a cup of the liquid and allow to froth. Pour the liquids into the well and mix. Knead until smooth, adding a little more liquid if necessary. Allow to rise for an hour either inside a plastic bag or cover the bowl with plastic wrap.

Knock the dough back and divide into four pieces. Shape each into a roll and press each into a prepared flowerpot. Allow to rise again for approximately 20 minutes.

Snip across the tops with a pair of scissors to form a slash. Bake in a hot oven for approximately 30 minutes, but after 15 minutes spray the tops with salty water made from the four teaspoons of salt dissolved in a little water.

When the loaves are almost baked, turn them out of the pots and allow them to finish off in the hot oven until crusty all over.

Semiwholemeal Bread

3 cups wholemeal flour plus 3 cups white flour
1 tbsp bread improver (optional – available from supermarkets)
1 sachet of dry yeast
1 tsp brown sugar
1¾ cups lukewarm water
1 tbsp salt

1 tbsp honey

½ tbsp vegetable (or other) oil

Mix yeast, oil, brown sugar, honey and three tablespoons of the lukewarm water together in a large mixer bowl and leave for about 10 minutes until it becomes frothy.

Add the water, salt, and half the flour and beat on a slow speed for about four minutes. Remove bowl and clean the beaters.

Incorporate the rest of the flour gradually, first using a wooden spoon and then with your hands until all, or most, of the flour is used up. Knead the bread in the mixer bowl or on a floured surface for about 10 minutes until it becomes smooth and elastic. (Incorporate more flour if the dough is too sticky.)

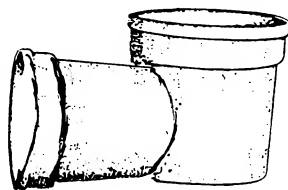
Rinse and thoroughly dry the mixer bowl then lightly grease it. Shape the dough into a ball and return it to the bowl, dusting the top of the dough with a little flour. Cover the bowl with a damp cloth or plastic wrap and leave in a warm draught-free place (I put mine on top of the electric jug in which water has been previously heated) for 1 to 1½ hours until the dough has risen and almost doubled in bulk.

Turn the risen dough out of the bowl

onto a floured surface and knead it for another 10 minutes. Using a sharp knife, cut the dough into pieces to fit the pots so the dough is just over halfway in each. Use a pair of scissors to snip across the top of each loaf. Allow the dough to rise again in the pots until it has risen over the tops of them.

Preheat the oven to very hot and bake for 15 minutes in the centre of the oven. Then lower the temperature slightly to hot bake for another 30 minutes or until the loaves sound hollow when tapped.

For cheese bread, add half to one cup of grated cheese to the mixture when incorporating the remainder of the flour.



Brioche Cooked in Flowerpots

Brioche is a cake made from yeast dough. The traditional form was in a ball shape with a smaller ball pressed into the top forming a 'head'. They were made in Paris with bakers' yeast until the middle of the eighteenth century. Brewers' yeast, which had been in use for a long time in Poland and Austria was introduced into Alsace and Lorraine when the court of King Stanislas was transferred to Luneville.

The most famous brioche of all were made in the butter making centres of Gisors and Gournay.

This recipe uses butter and dried yeast, which works just as well!

300 g plain flour, sifted
100 g softened butter
2 eggs, lightly beaten
20 g preserved citrus peel, chopped
20 g sultanas
20 g dried apricots, chopped
3½ tsp dried yeast
50 ml light olive oil
1½ tbsp sugar
100 ml lukewarm water
1½ tsp salt
1 extra egg beaten with 2 tsp of water
4 small terracotta flowerpots, rubbed with extra olive oil and allowed to stand overnight. Then butter and flour the insides of the flowerpots lightly.

Combine the yeast, one-third of the flour and lukewarm water. Cover and set aside in a place free from draughts for about 1½ hours by which time the batter will be well risen.

Transfer the batter to the large bowl of an electric mixer, add the butter, ol-

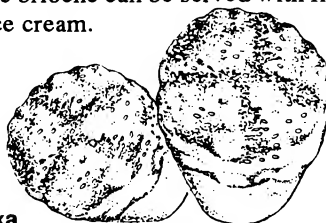
ive oil and beat on medium speed until combined. Add the remaining flour, eggs, sugar and salt and continue beating until the dough begins to leave the sides of the bowl. Next incorporate the chopped dried apricots, preserved citrus peel and sultanas.

Place in a lightly oiled bowl, turning twice to coat the surface, cover, and leave in a warm place for an hour or until the mixture has doubled in bulk.

Knock down the dough and divide into four equal portions and place each portion in a flowerpot. Allow to stand again in a warm place for an hour.

Brush the top of each brioche with the extra egg and water mixture and snip a cross in the top of each with a pair of scissors. Place the flowerpots on a baking tray and bake in a 180°C oven for approximately 25 minutes until golden and cooked through.

The brioche can be served with fruit and ice cream.



Pashka

This is a traditional Russian Easter delicacy but there's no need to wait until then to enjoy it. It too is best moulded in a flowerpot – a large one or a couple of small ones.

500 g well drained, unsalted fresh cream cheese
4 tbsp whipped cream
1 whole egg, beaten
3 extra egg yolks
100 g unsalted butter
150 g fine sugar with 2-3 drops of vanilla sprinkled over it
50 g seedless raisins
50 g mixed candied fruits
50 g blanched chopped almonds or macadamias
pinch of salt

Rub the cream cheese through a sieve and add the salt, raisins, fruits and nuts. Mix well. Beat the butter and sugar well, add the egg and yolks and mix well again. Add this to the cream cheese mixture. Fold in the whipped cream.

Heat this mixture in a double boiler or a saucepan set within a larger saucepan which has been filled to a little less than halfway with boiling water. Stir constantly with a wooden spoon until the mixture thickens enough to coat the spoon.

Line the flowerpot(s) with muslin, cheesecloth or other fine cloth which has been wrung out in water. Pour in the pashka mixture, fold over the top of the cloth and place a saucer or small plate on the top with a small weight on it. Stand the flowerpot on an egg ring which is placed on a plate (or in a casserole dish) so as to catch any liquid which drains out through the hole in the bottom of the pot. Allow to cool, then put in the fridge and allow it to set for

Unmould and serve cold. This will keep for several days in the refrigerator if it is covered with greaseproof paper, then with foil or a basin.

Pashka should be cut horizontally from the top and can be served with a rich yeast dough bun, a rich fruity yeast cake – or a brioche loaf.

Flowerpot Christmas Cake

These make a lovely novelty gift and are great market stall items. Buy several small to medium sized terra cotta pots, season them, line them with foil and bake individual Christmas cakes in them using your favourite recipe. When the cakes are cooked and cooled, add ornamental holly to the top of each cake and wrap the entire pot with its cake, in clear cellophane. Tie the cellophane with a tartan ribbon or Christmas tinsel and add a gift card.

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COMPOSTING TOILETS

by Jenny Lacey, Talbot, Vic.

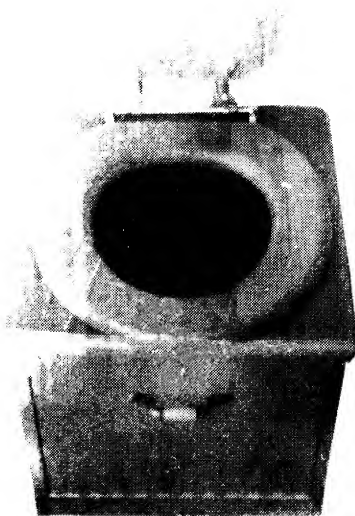
I've had quite a few letters over the last few months asking for the plans I spoke about quite some time ago now for a composting toilet. I will answer these folk personally, but I thought other readers might be interested anyway, hence this article.

We (finally) moved into the house a couple of months before Christmas, but, of course, the house has a long way to go before it is finished and the most notable thing missing is cupboards, so big heaps of things are still, 'in a box in the shed'. (How many of you out there are saying, 'I can relate to that?') The crux of all this rambling is that I still can't put my hand on the plans I want. I found some plans, but they seem a little complicated, so I've decided to use them in part and rely on the old memory for the rest (no wisecracks, thank you) and have come up with a halfway reasonable plan for a composting toilet.

First, or course, check with your

council to see whether they will entertain the idea – many won't, I gather from conversations I've had with folk. Others may need to be gently persuaded, if possible. Second, you need to have a drop of at least 1.2 metres from floor level to ground level, to allow access to the 'workings' underneath. Third, the whole thing must be built so that it is airtight, except for cross-flow ventilation designed into it, and insect-proof; the two should be hand in hand. Fourth, there are two ways (and probably more) of building but one requires side access, though it takes up a little less space. The second is the one I will describe to you, with drawings.

It is basically a 'two-holer', though only one toilet is used at a time, generally six months each side. The length of time depends on how many people are using the facility and the weather (slower reaction in the colder months). When one side is filled, the second is

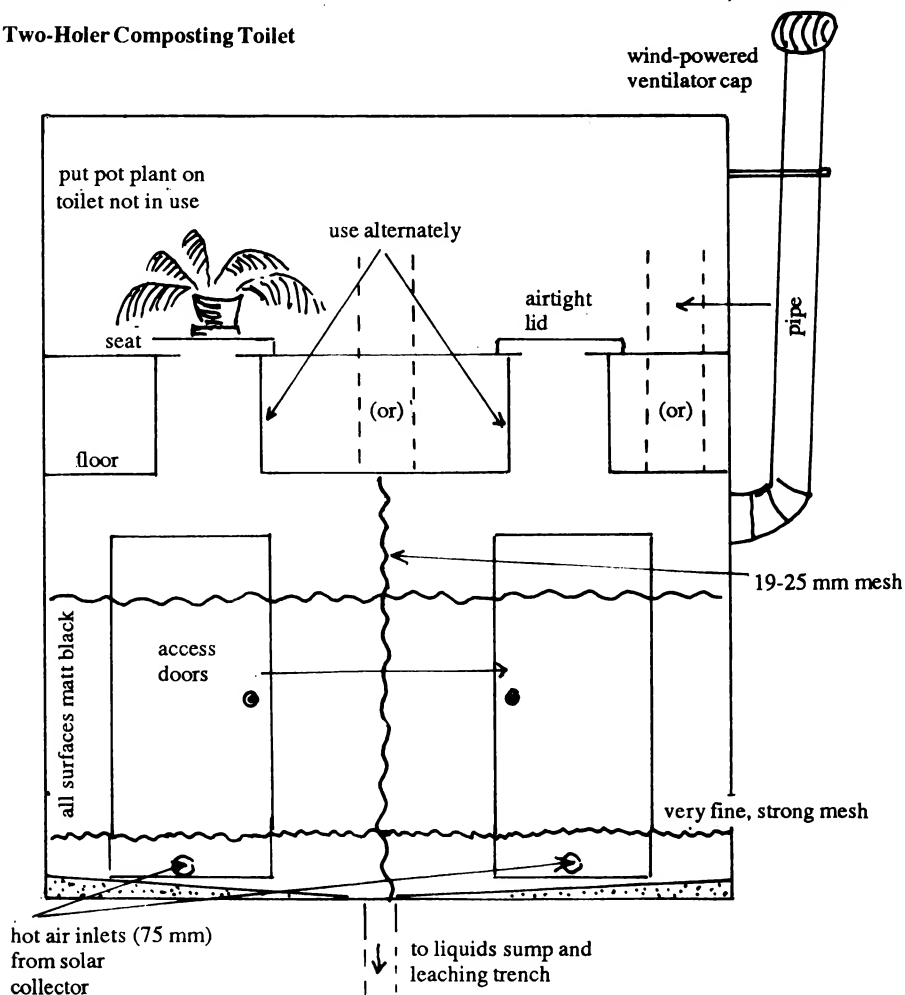


used while the first side decomposes. When the second side has filled, the first is emptied by shovelling out through the access door at the rear, scrubbed out, the second side closed off and the first put into use again while the second side decomposes.

The decomposition is helped along by a flow of warm air from one side to the other. The warm air comes from a solar air collector outside with one or two insulated pipes (flexible, about 75 mm diameter) which are connected as low as possible to the walls (or the doors, if the main structure has been built in concrete without provision for these pipes), so that the air is, preferably, through the material and thus aiding in the drying. The air subsequently is pulled into a 300mm diameter pipe which protrudes above the roofline, topped with a wind powered ventilation cap. This also helps to remove odours. This airflow is most important, so the doors at the rear and the toilet lids must be airtight or reduced efficiency will ensure.

The construction is probably best in concrete (reinforced), but the walls could be in other materials (fibro, marine ply) as long as the floor is concrete, sloping to a drain leading to a liquids sump and hence to a leaching trench. The access doors can be made of plywood and must be airtight, about 50 x 100 x 150 mm depending on amount of fall available from floor level. Dimen-

Two-Holer Composting Toilet



URASS 33 ROOIS

sions can be as large or as small as you desire, though too small will have you emptying out too frequently, too large will never fill.

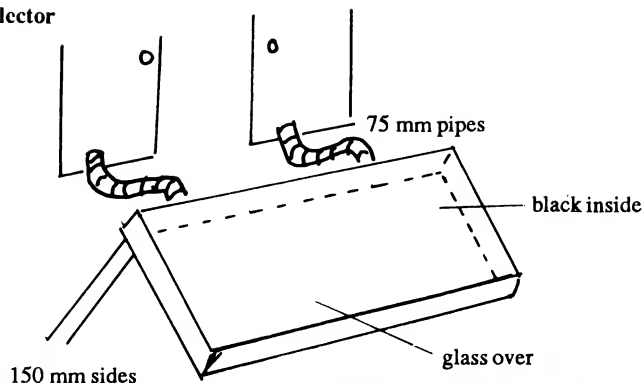
All the inside should be painted matt black (discourages insects from entering). The divider should be 19 to 25 mm mesh, to allow good air flow. About 460 mm below floor level, a layer of 19 to 25 mm mesh, and 150 mm from the concrete floor, a layer of very fine and strong mesh. The air inlet pipe(s) should enter under this level of mesh. The outlet air pipe can be placed wherever convenient, but is best as far as possible from the inlet pipe(s). The mesh should be removable.

The solar hot air collector is, basically, a black painted box with clear glass over. Face box as close to north as possible at the same angle as latitude for maximum efficiency (as you would angle solar hot water collectors). In mid-Victoria is it about 37°. The angle becomes less the further north you go, greater in Tasmania.

The last thing to mention is that the finished product should look and smell like good compost, fine, dark soil. I remember reading somewhere that it is best not to use this on your vegetable garden, particularly on root crops, but I can't see any objection to its use in orchards, say, or on any other trees, or even passionfruit or grapevines.

Best of luck to those who want to have a go; I hope this has helped a bit and given you a rough idea of how to proceed.

Solar Hot Air Collector



Composting toilets are available commercially, such as this one from Nature-Loo (ph: 07-367-0601).

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CONFINE YOUR CAT

from Wildlife Information and Rescue Service, NSW.

This article should be seen as complementary to earlier 'cat' articles in GRs 103 & 104. We recognise that there will always be controversy between cat lovers and conservationists, but perhaps these suggestions from WIRES will make an acceptable compromise satisfactory to all parties.

Cats are wonderful companions; they are affectionate and intelligent, and they enjoy your company. Yet, in Melbourne alone, over 45,000 cats end up in animal shelters each year. Few have any identification and only one percent are reclaimed by their owners. Most are humanely euthanased.

Cats not kept at home can be killed or injured – on roads, in fights, through disease, or by acts of cruelty. They can catch feline AIDS from stray or feral cats. Wandering cats mate and produce unwanted litters, and are easily stolen. Why expose your cat to these dangers?

Cats are most active at night, and especially at dusk and dawn. This coincides with the activity periods of much of our Australian wildlife, placing native animals at risk. Pet cats kill an average of 32 wildlife every year.

IS IT CRUEL TO CONFIN MY CAT?

No – because suburban and rural environments pose too many risks to allow cats complete freedom. The average life span of a cat kept inside is 12 years. That of a cat roaming at will is just three years.

If you provide all their needs, desexed cats are happy to live in a suitable enclosed area. Cats don't have an 'innate' need to roam, they need exercise and play, as well as around 19 hours sleep each day. Many city cats become better pets and live long, healthy and contented lives inside a house or flat 24 hours a day.

HOW TO CONFIN YOUR CAT

Keep your cat inside with you, then you can enjoy each others' company.

Build a Cattery

- A-frame catteries provide for climbing and sunbathing at height.
- Adapt an aviary for your cat (available commercially at reasonable cost).
- Connect cattery to the house via a walkway from a window or a cat-door in the wall.

Enclose a Section of Your Home

- Enclose a verandah with chicken wire or flywire.
- Enclose the 'dead end' section of your garden between your house and the fence.
- Provide cat access via a window or cat-door.
- Use the garage for overnight confinement.

Low-Cost Enclosure or Enclosure

- Build a floppy wire fence from small-gauge chicken wire and angle it in slightly to the centre to enclose a section of your backyard on a temporary or permanent basis. Provide all your cat's requirements inside.
- Build it in reverse, i.e. angle the wire outwards, to keep a safe haven for wildlife.

Build a Cat-Proof Boundary Fence

- Attach either small gauge chicken wire or aluminium flashing to the top of an existing fence and angle it into your property.

- Attach floppy chicken wire to the top of your fence.
- Remember to secure any trees which may overhang the fence by either enclosing them with wire or erecting a 'cat barrier' at a suitable height up the tree.

CATS' NEEDS WHEN ENCLOSED

Overnight – food, water, a litter tray and a warm, dry, draught-free sleeping area.

For longer periods – facilities for exercise, climbing, several resting places at various heights, and shelter from sun, wind, rain, cold, and hot weather. A scratching and climbing pole is a must – up to 2.5 metres tall, with two to three perches. Provide cat toys (available in good pet shops) and help your cat to exercise daily by encouraging it to play, run and jump. Install window perches for your cat to sunbathe on, or a cat-door for access to an enclosed area outside.

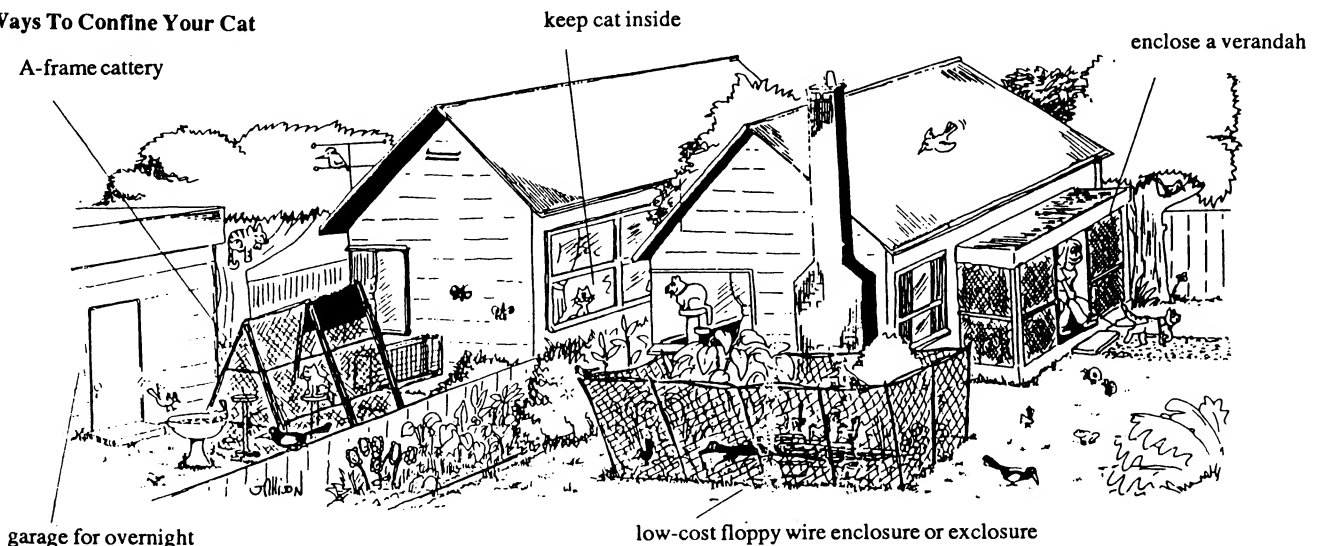
The RSPCA and Cat Protection Society can provide more advice on confining your cat.

DESEX MALE AND FEMALE CATS

Desexed animals are less stressed by reproductive or territorial demands and make better pets. Desexing is better for your cat's health:

- Cats won't wander or fight as much and are less noisy and smelly if desexed.
- No more unwanted kittens.
- Females suffer physical and nutritional exhaustion if continually breeding.

Ways To Confine Your Cat



Uncontrolled breeding results in large numbers of unwanted cats joining the stray and feral populations. Most suffer through disease and injury, and many prey on native wildlife to survive.

INDOOR BREEDS

The good old moggie, and many other long and short-haired breeds, like the Russian Blue, are happy being indoors at all times. The 'Selectapet' computer programme (02-329-5438 or 008-331-783) will help you choose the right cat, as can your local vet or an animal welfare agency.

PROTECT WILDLIFE

Put Bells On Your Cat's Collar

One bell is not enough. Put three large bells on the collar, two under the cat's chin and another opposite. Bells do not stop cats killing wildlife – they only make a difference in one out of three attacks. Keeping your cat inside stops all cat attacks on wildlife.

Use a Harness to Walk Your Cat

Training your cat to walk with a cat harness (dog leashes are not suitable) is fun and rewarding for you and your cat.

Provide Cat-Free Environments

If your cat uses the backyard because you have a cat-proof fence around the property, provide cat-free environments by enclosing shrubs and trees with cat-

proof floppy wire fences. This provides a safe haven for native wildlife and you'll find many birds using the area, especially if you include nectar-producing plants and water.

You can also secure variously designed nest boxes inside the safe area as homes for wildlife. Keep watch to ensure these aren't invaded by introduced birds or bees.

For Further Information

There are many individuals and organisations willing to advise you on this subject. Try: local councils, vets, CNR regional offices, animal shelters, cat protection societies or the RSPCA.

For help with wildlife protection or care of injured wildlife contact the Wildlife Care Network: 018-373-931.

References

Short Term Care of Sick and Injured Native Animals, Department of Conservation and Environment, 1992.

Cat Kit, Department of Conservation and Environment, 1992.

The Impact of Cats on Native Wildlife, Australian National Parks and Wildlife Service, 1991. Proceedings of a workshop held on 8-9 May 1991. Endangered Species Unit, ANPWS, Canberra.

Reprinted from Bathurst Wires Newsletter, June 1993. For enquiries contact: Wires, Central West Branch, PO Box 1271, Bathurst 2795.



WOMEN IN AGRICULTURE

Women comprise over 30 percent of the agribusiness workforce and play a major role in the traditional family farms which form the basis of Australian agriculture. Despite this, their contribution has been largely silent and often unacknowledged by the wider community.

In support of agricultural women's contribution Westpac Banking Corporation is sponsoring the newly launched Foundation for Australian Agricultural Women (FAAW). The purpose of the Foundation is to assist rural women with management, education, training and technology. It will provide traineeships, scholarships and act as a lobby group to raise women's profile in agribusiness. Education, experience and self-confidence are the keys to making good business decisions and by fostering these qualities the FAAW will be providing a worthwhile service which benefits all Australians.

The initiative for the FAAW came from the inaugural Women In Agriculture Conference which was held in July last year. It was Australia's largest agricultural summit attracting 860 people from 33 nations.

Information: Glenda Hewitt. Ph: 02-226-3510.
Michelle Allen. Ph: 02-226-3138.

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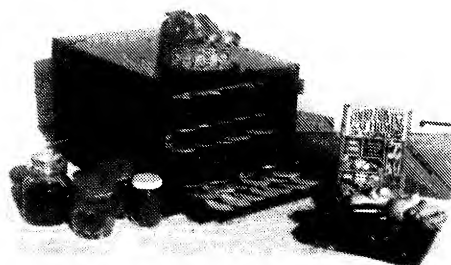
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MORE ON DAMS AND AQUACULTURE

by Nick Romanowski, Forrest, Vic.

Although I've already gone through the basics of aquaculture in a series for GR readers (GRs 85-92), there are always new questions arising. Some questions are repeated much more often than others and could do with more detailed answers than I can usually spare the time for. To cover such basic questions adequately, I'm going to try an occasional update article along the lines of this one. In this article I'll look in more detail at three areas which have been of particular interest to many readers.

MAKING DAMS IN LOW-CLAY SOILS

I've already looked at the basics of dam construction and repair in GRs 83 and 84. However, many readers want to know how much clay content the soil must have at a minimum before it can be made to hold water. The generally accepted figure is 20 percent clay content. You can check the amount of clay present by putting a big chunk of the soil you hope will be suitable for dam making into a jar, topping up with quite a bit of water, then shaking the mix up thoroughly. When you stop, the heavier substances such as grit, sand and coarser silts will settle first. Good dam making clays may take days or even weeks to settle, so put the jar aside where it won't be disturbed. Once everything has settled, it is just a matter of measuring the thickness of the clay layer for a rough percentage figure.

However, not all clays are equally good at holding water and if you are in doubt for any reason at all you should make a miniature dam for a more accurate test. Dig a hole into the soil you hope to make the dam from (I don't mean the topsoil!), enough to hold from twenty to thirty litres of water. Pound the whole of the inside of this hole with the blunt end of a crowbar, until the surface is rock hard, then fill with water. Some of the water may be absorbed into drier soils within a few hours, but after a couple of top-ups the level should drop very slowly or not at all.

For larger dams in all soils with a relatively low clay content it is absolutely essential to compact the soil properly using a sheepsfoot roller or a

scraper as described already in GR 83. Any dam made in such marginal soils with a bulldozer alone will fail to hold water (usually forever), although some will seal through seepage of clay particles after a decade or two.

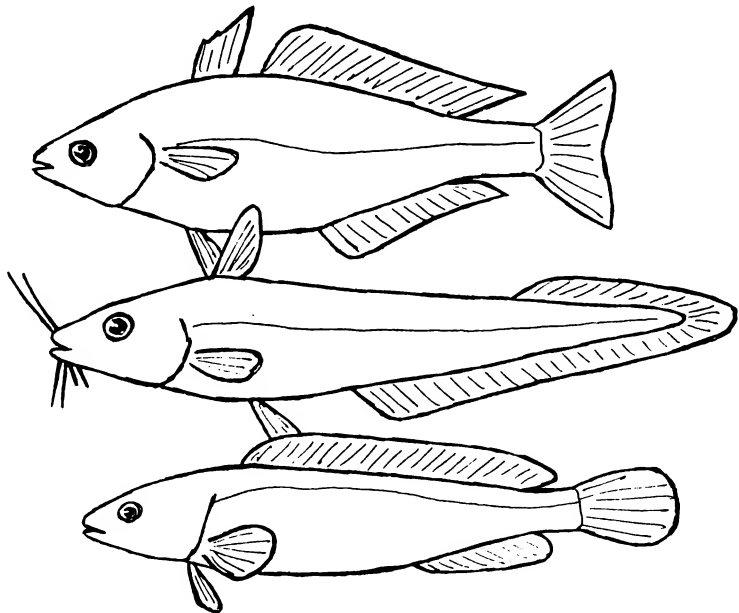
CAUSES OF MURKY (OR TURBID) WATER

I suppose it could be said that there are three sources of discolouration in dam water. The first is simply the effect of natural chemicals seeping into the water; such tints are harmless unless you live downstream from a uranium mine or something similar. For example, some waters will show a distinct colour from above (particularly sky blue) even though they look quite clear when you take a glassful out. These colours are probably mainly reflection from the sky against a slightly milky or turbid background, and look most dramatic against red or orange clay banks.

Another common natural tint is the tea colour from tannins washing out of leaves and bark in the catchment of the dam, seen at its best when the dam is filled from a bush area. Unless the leaves and bark are washing into the dam in large amounts, this colouration

will barely affect water quality. In my own dams this is the most common discolouration, and as the water remains exactly neutral and at less than 50 parts per million total hardness, my main problem is raising the hardness for animals which like a little more oomph in their water!

The second type of discolouration is a result of pollution, whether washed in from outside or as a result of decay within the dam. Fertilisers of any kind washing in from the catchment area can encourage the water to turn really green, grey or brownish, and sometimes will even produce an off smell. Green water isn't harmful so long as there is only a green tint to the water, but if the water has become a soupy green you have a cesspool on your hands. Ducks are probably the most common polluters causing excessively green water, and, although they are used in aquatic polycultures in China, this is because the Chinese have access to a wide range of pollution-tolerant carps. There are no animals *legally* available for aquaculture in Australia which are both useful, and tolerant of duck-poo-water when there are too many ducks present.



Three examples of Australian fishes which include species with some aquaculture potential, but which must be caught from the wild as they are not usually commercially available.

Top to bottom: Rainbowfish, Neosilurus Catfish, Blackfish (not to scale).

If you're downstream of someone who can't be bothered curbing the fertiliser run-off from their place into your dam, plant heavily both inside and outside your dam. Dig cut-off trenches across the direction of running water, to slow it down and encourage it to soak into the ground where the nutrients can be used by plant roots. Plants in the dam will also grow freely in such conditions but harvest them regularly so they don't build up too much. Waterplants make excellent mulch (they're free of weed seeds) and also provide some scarcer nutrients for your vegie garden. Mixed with about half as much seaweed (not seagrass) as well, they will also provide a complete range of micronutrients to most terrestrial plants.

Pollution within the dam is the most common cause of bacterial and fungal problems leading to brown or grey waters with a slightly off odour. This type of pollution is almost always from excessive amounts of decaying organic matter: leaves, other vegetation, the odd dead horse or cow. The problem is usually pretty obvious once you have a close look. Remove the cause and the problem will solve itself.

The final source of turbidity is from clay particles which won't settle; these can be so small that the slightest current (and there is always a slow current in a dam) will keep them afloat forever. The only permanent cure is to plant inside and outside the dam. Once again, cut-off trenches will reduce the amount of undesirable rubbish washing in, and trees and shrubs will prevent the erosion which washes clay particles in after every heavy rainfall. Submerged and water's edge plants will also trap and settle much of the clay; some, such as *Chara fibrosa*, are particularly good for this purpose.

WHERE DO I GET THIS FISH/BUG/PLANT?

Many of the smaller creatures I have recommended (GRs 85-92) aren't commercially available, and probably never will be as the potential markets are too small, unless a greater interest in polyculture develops within Australia. Even in that case, consider that we live in an enormous country stretching from near the equator to near the subantarctic. There is no other country covering such a huge range of climates (with the possible exception of China). So I recommend that you learn to catch your own shrimps, fodder fishes and other small creatures whenever possible because your local species will usually be best adapted to the climate and conditions in your area.

Of course, this will mean a bit of research and exploration on your part. Reading is an essential tool for learning the habits and homes of aquatic animals and what you learn will also help you as an aquaculturist. Above all, learn the difference between useful native species and introduced animals (nearly all of the latter are undesirable in aquaculture) before dumping a netful of something you found in a nearby creek into your dam, or you may regret your impulse forever.

Good sources of information on local aquatic animals include aquarium clubs, fisherpeople and field naturalists. Many of the animals you seek can be caught with the small and inexpensive bait traps available in sporting goods stores, but make sure you use an appropriate bait.

Larger animals and the plants most useful in aquaculture are a different matter. Many have been selectively bred for long periods of time, and their wild relatives will simply not produce as

well, or may even grow poorly in aquaculture situations. Yabbies (*Cherax destructor*) are a good example: many wild populations are disease-ridden, grow slowly and don't breed freely even in their natural haunts. By contrast, the commercially bred forms were originally of hybrid origin and grow more rapidly and uniformly; they have also been screened for health and vigour in many other ways. Even so, you should try to obtain your breeding stock from a farm in a similar climate to yours for best results.

I would have liked to include my list of sources for various aquaculture animals which are available commercially here, but this happens to be an appendix of my new aquaculture book and my publisher won't allow me to reproduce it anywhere else for obvious reasons. The book is called *Farming in Ponds and Dams: An Introduction To Freshwater Aquaculture In Australia*, and has recently been published by Lothian Books. Encourage your local library to get a copy in, they are always obliging if someone is interested. It should save me a lot of handwritten replies! Seriously though, I don't mind replying to aquaculture and related queries (providing these include a stamped, self-addressed envelope) personally, but I can't always give much detail as my time is very tight, so I hope to continue answering the more common or unusual questions in a series of aquaculture updates. Stay tuned.

Nick Romanowski manages Dragonfly Aquatics, a nursery offering the largest range of water and wetland plants in the southern hemisphere including native, edible, useful and ornamental. Send two stamps to: RMB AB 366, Colac 3250, for a mail order catalogue.

Other books written by Nick are: *Water and Wetland Plants for Southern Australia* and *Grasses Bamboos and Related Plants in Australia*.

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KNIT YOUR OWN SOCKS FOR WINTER

by Maini Ramstrom, Byford, WA.

This pattern is great because it has what I call a square heel and it always stays well in place without slipping or rolling in your boots.

INSTRUCTIONS

Measurements

3 sizes: school children – women – men.

Materials

6 knitting needles, 20 cm long, size 2³/₄ mm.

• 8 ply wool, or 60% wool and 40% nylon blend, about 200 grams

Tension

About 22.5 stitches to 10 cm.

Starting From The Ankle

Holding two knitting needles together, cast on 41 – 49 – 57 stitches as on one needle. This helps it to stay loose enough for the start. Take one needle off and knit and divide stitches evenly on 4 needles, leaving one extra one on the last needle. Use this one to knit the needles 1 and 4 together, so forming a square. Now you have 40 – 48 – or 56 stitches left. On each needle you should have 10 – 12 – or 14 stitches. Leave a little tail of wool hanging between needles 1 and 4, so marking the spot.

Now knitting: 2 knit, 2 purl, in one direction, until you have the length you want.

Towards The Heel

Now only working with the needles 1 and 4, knit through the two needles, turn around and purl, back again, doing this until you have formed a square. (As many stitches as you have on these two needles, that's how many rows you want.)

Now divide these 2 needle stitches into 3 needles, if your stitch number is uneven leave more stitches on the mid-

dle needle. Now you will begin the shaping of the heel. Now knit to the middle of 2 of these needles, and decrease 1 stitch from each needle by knitting them together into one stitch. Leave this stitch on the middle needle, so always keeping the number same on the middle. Knit through to the end of the middle needle, and do the same decreasing now with the last stitch from the middle needle and the first stitch from the last needle. Place the stitch on the middle needle. Knit to end.

Purl on the other side, doing the same decreasing on the same spots, right through. Do this until you have no stitches left on the side needles. Pick up 1 stitch from 2 rows is a good guide. Knit all around smoothly in one direction. Now your work has 5 needles. Leave those few stitches on the heel needle for a few more rows, this helps to prevent a hole forming in the middle of your heel. Now you can start decreasing the sides as follows:

At the end of the needle 1, knit together 2 last stitches, knit next two needles normally, but in the beginning of the needle 4, knit together two again, knit to end. Go around again, one direction, decreasing again on the same spots. Knit 1 row normal. Next row, decrease again on the same spots. After this knit 2 rows normal knitting without decreasing.

Now you can divide the heel stitches on needles 1 and 4; your work now has 4 needles. Going the same direction again, on the next row, do the decreasing again. Next row: 3 rows knit. Next row: decrease again, Next row: knit 4 rows normal. Keep doing this, keeping



the between rows only up to 4, and keep decreasing until the needles 1 and 4 have as many stitches as on the needles 2 and 3.

Knit around now until your sock is long enough to cover the little toe.

To Make Up

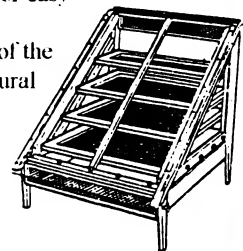
The idea here is that you decrease the stitches in the middle of each needle and in the end of each needle. And as many stitches as you need to reach that middle of the needle before you decrease, that's how many normal rows you need to knit between. Let's say you are knitting men's size, so you would knit 5 stitches, then knit two together, then 5 stitches again, and last two stitches together. Do the same on all 4 needles. Now your free rows are going to be 5. Then you continue, knit 4 stitches, decrease, knit 4 stitches, decrease, finish this on all 4 needles, next free rows are 4. Do this until you have only one stitch on each needle. Cut the wool with scissors leaving about a 30 cm length to thread through needle, and pull through the remaining stitches. Finish up well into wrong side, sewing the wool into the work. Finish all excess wool like this. Start on your next sock.

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ORGANIC FAST FOOD

by Deb Cantrill & Quentin Jones,
Heathfield, SA.

Chestnuts are delicious – chestnuts are nutritious. Nirvana Hot Roasted Chestnuts are the ultimate in organic fast food. For the past six years I have been roasting and selling chestnuts in the Adelaide Hills' village of Aldgate during April, May and into June.

To be a street vendor you need a hawker's licence from your local council and the appropriate insurance. This is an ideal way of value-adding what you grow.

All the chestnuts roasted are grown three kilometres away at Nirvana Farm at Heathfield and are certified Level A Organic by NASAA. Therefore, with dry roasting, these nuts equal organic fast food.

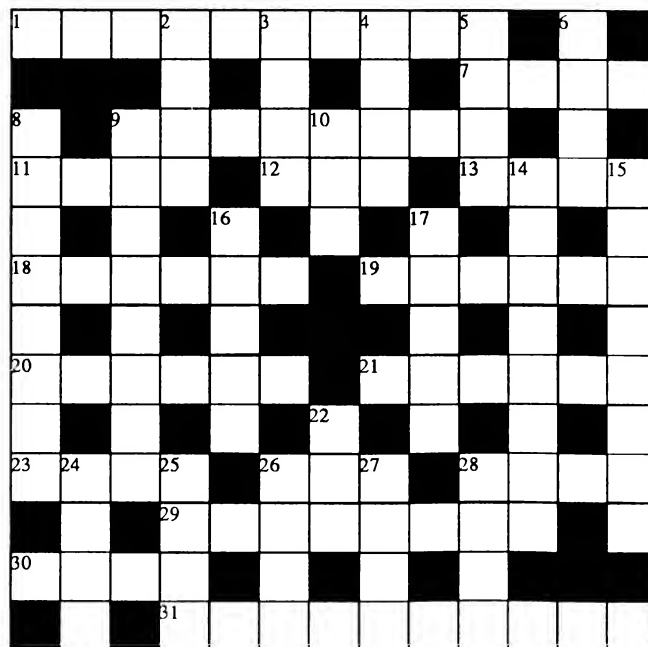
Deb and Quentin's organic farm, 'Nirvana' was featured in an article in GR 86. Their address is 184 Longwood Rd, Heathfield 5153. Ph: 08-339-2519.



CRYPTIC GRASSWORD

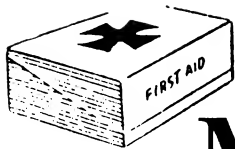
By M. Riley, Tanjil South, Vic.

- Across
1. Quickly draws in the picture (10).
 7. No way in which to gain admission (4).
 9. Utter opposite (8).
 11. Warm up for the race (4).
 12. Be to the fore in things that mattered (3).
 13. A light from a ship (4).
 18. Excuse for the senora (6).
 19. He takes the vehicle out for the evening (6).
 20. Steals cranes (6).
 21. Be longing to race in Europe no doubt (6).
 23. Gives voice to states (4).
 26. It could be long in one's care (3).
 28. Three in a riot (3).
 29. Farmers sow to produce these edibles for horses (8).
 30. Could be long for ordeal (4).
 31. Cannot stand knowing he is crippled (10).
- Down
2. One third of yard covered when stocking up (4).
 3. Present yield (4).
 4. Ripped off in the store (4).
 5. Cotton on to dance (4).
 6. He's an absolute beast in *Pygmalion* (Shaw) (4).
 8. Buildings turn out good apparently (8).
 9. Content to cover a large town (8).
 10. Ill judge not so well-to-do (3).
 14. Turn up for the books in said tour (8).
 15. Overcast and stars too (8).
 16. Stand for the election (5).
 17. Separate command for fighters (5).
 22. Flies found at the cricket (3).
 24. Refuse to go in here (1,3).
 25. Take pets back a pace (5).
 26. Seconds team up for a period (4).
 27. Stem from the period (4).
 28. Not lying straight (4).



Solution on page 66.

GRASS 60 ROOTS



NATURAL MEDICINE CHEST



by Louise Healy, Nambucca Heads, NSW.

You can use herbs and essential oils to create a natural medicine chest, ready to deal with all those minor problems that crop up throughout the year.

GENERAL NOTES

- Label and date all preparations.
- Use sterile, dry amber glass bottles and jars.
- Store away from heat, light and children's hands (or mouths!).

To Make a Tincture

In a glass jar pour 100 millilitres of vodka or gin over 10 grams of the herb. Cap tightly. Allow to steep for one week, stirring daily. Strain through muslin, cheesecloth or a clean piece of pantyhose. Pour into an amber glass bottle, labelled and dated clearly: 'Tincture of . . . 1:10, (this is the strength – one part of herb to 10 parts alcohol) -/-/95'.

To Make Infused Oils

In a glass jar pour 100 millilitres cold-pressed olive oil over 10 grams of the herb. Steep one week, shaking daily, strain, bottle, label, and date.

To Make Herb Vinegars

Use the same method described for making a tincture, using cider vinegar. The result is an acid tincture 1:10.

Making Ointments

Use a heavy bowl, sitting over a pan of simmering water. Melt solids first (wax, lanolin), add vegetable oils; then add liquids, gently warmed by sitting the liquid (in a glass jar) in a dish of hot water. Stir continuously. Take off heat and continue stirring till cool. Add essential oils only when ointment is almost cool, otherwise they evaporate.

Preservatives

Tincture of myrrh and tincture of benzoin both have preservative qualities. Other preservatives are wheatgerm oil, vitamin E and vitamin A. Vitamin C powder can be added to liquids to aid preservation.

Storage

Products containing over 50 percent water, and less than 50 percent vodka/gin/vinegar should be stored in the fridge. Cold-pressed oils have a shelf life of about three months; if stored in the fridge they keep six months or more.

NATURAL MEDICINE CHEST

Bruise Lotion

- 3 tsp dried sage
- 3 tsp dried calendula
- 100 ml vinegar, vodka or gin
- 1 tsp powdered myrrh
- 1 tsp dried thyme

Make a tincture as directed. Add:

- 15 drops eucalyptus oil
- 25 drops lavender oil
- 20 drops hypericum tincture*
- 20 drops arnica tincture*

To make an oil for bruises, substitute olive oil for the alcohol or vinegar and make an infused oil. Leave out the hypericum and arnica tinctures and add 20 capsules of vitamin E oil (pierce capsule and squeeze out contents).

To make an ointment, gently heat 1½-2 tbsp beeswax and add infused oil to melted wax (* if available).

Note: Quick method for infused oils: place herbs in glass jar, cover with olive oil. Cap tightly. Place in pan of simmering water, heat for three hours. Take off heat and leave in pan overnight. Strain, bottle and label. Store in fridge.

Cold Sore Cream

- 1½ tbsp sorbolene cream
- 3 drops eucalyptus oil
- 5 drops lemon oil
- 2 drops peppermint oil
- 1 drop camphor oil (white) or tea tree oil
- 5 drops myrrh tincture

Stir well. Spoon into glass jar. Label and date.



Haemorrhoid Ointment

Make an infused oil, using the quick method by heating the oil with the herbs below:

- 2 parts fresh chopped plantain leaves
- 1 part fresh yellow dock root, scrubbed, dried and diced
- 1 part fresh elder flowers
- 2 parts dried calendula flowers

GRASS 61 ROOTS

- 1 part dried oak bark or witch hazel (or both)

Heat 2 tbsp beeswax; add infused oil (100 ml) stirring till blended. Take off heat and stir till almost cool. Add:

- 20 drops lavender oil
- 20 drops cypress oil
- contents of 20 capsules vitamin E

Oil For Warts

- 20 ml castor oil
- 5 capsules garlic oil
- 2 capsules vitamin A
- 2 capsules vitamin E
- pinch of sulphur powder
- 15 drops tea tree oil
- 15 drops lemon oil
- 2 drops wintergreen* oil

If you prefer, you can steep crushed fresh garlic in the oil for 48 hours, then strain, instead of using garlic oil capsules. **Note:** Wintergreen oil is not used in aromatherapy as it is considered toxic. It is only used in this formula because a very small area of skin is involved. Do not use it in massage oils or preparations designed for large areas of skin. Apply direct to wart with cotton bud 3-4 times a day.

Chickweed Ointment for Itchy Skin

Conditions

Make an infused oil by covering chopped fresh chickweed with olive oil and heating as described under 'Bruise Lotion'. Strain. Melt 2 tbsp beeswax, add infused oil. Stir well. Take off heat. Stir till almost cool and add:

- 15 drops lavender oil
- 25 drops tea tree oil
- 5 drops peppermint oil
- 5 drops benzoin* tincture(* optional – acts as preservative)

Store in fridge.

Gargle for Sore Throats

Make a tincture of equal parts of dried:

- sage
- myrrh
- thyme
- echinacea
- golden seal
- raspberry leaf

To 100 ml tincture, add:

- 20 drops lemon oil
- 10 drops eucalyptus oil

- 3 drops geranium oil
- 3 drops peppermint oil

Shake well before use. Dilute 1 tsp in $\frac{1}{4}$ glass water and gargle at first sign of sore throat or throat infection. Also good for mouth and gum problems. I use brandy or sherry to make this tincture. You could use sage or peppermint tea, cooled, instead of water to dilute the gargle mixture with.

Sinus Oil

Massage this oil over the facial areas affected by sinus pain. Avoid immediate eye area. Can also be rubbed on the chest and back to relieve cold and flu symptoms.

- 50 ml olive oil or other cold-pressed oil
- 12 drops eucalyptus oil
- 3 drops peppermint oil
- 15 drops lemon oil
- 8 drops pine oil
- 12 drops lavender oil

Lotion For Athlete's Foot/Tinea

Suitable for fungal infections of feet and nails.

Make a tincture using 100 mls of vodka with:

- fresh plantain leaves, chopped
- fresh yellow dock root, scrubbed, dried and chopped
- dried golden seal
- fresh garlic (optional – the odour may put you off)

Add:

- 14 drops tea tree oil
- 12 drops eucalyptus oil
- 12 drops juniper oil
- 12 drops lemon oil

Can be applied direct to affected areas after bathing, or diluted in water. Add 2 tsp to a little water in a bowl and use to soak fingernails affected by fungal infection.

Burns Lotion

Used for minor burns only, to provide temporary relief. Great for sunburn.

- 40 ml aloe vera gel
- 30 ml herbal infusion (see below)

To make infusion, pour boiling water over equal parts of fresh nettle, fresh plantain, dried marshmallow and dried calendula. Cover and steep till cool. Strain.

Add:

- 30 ml distilled witch hazel
- 20 drops lavender oil
- 10 drops eucalyptus oil

Apply as a compress using sterile gauze. Store in fridge. Shake well before use. A very cooling lotion.



Antiseptic Liquid

Use as an application for cuts, grazes, minor infections, bites and stings. General antiseptic. Make a tincture, using 100 ml vodka/gin and 3g echinacea, 2g golden seal, 2g myrrh, 3g calendula.

Add:

- 10 drops lavender oil
- 10 drops tea tree oil
- 10 drops lemon oil
- 10 drops eucalyptus oil

Shake well before use. Apply direct, or diluted with equal parts cool boiled water. Can be used to wash wounds, boils and abscesses.

Anodyne Cream

For temporary pain relief – headaches, migraine, strains, sprains, muscular aches, arthritis, rheumatism.

- 5 tbsp (or 100 g jar) sorbolene cream
- 40 drops tincture of cayenne (steep 1 tsp cayenne in 20 ml alcohol to make tincture)

5 ml lobelia tincture. (If unavailable use hypericum*, ginger, rue or nutmeg tincture.)

- 20 drops rosemary oil
- 40 drops lavender oil
- 20 drops marjoram oil

*hypericum is recommended for neuralgia.

Healing Ointment

For scarring, old skin lesions, minor skin problems, stretch marks, acne scars and old wounds/ulcers.

- 40 ml calendula infused oil
- 10 ml wheatgerm oil

Heat oils with 1 tbsp beeswax. Stir till almost cool and add:

- 10-20 capsules vitamin E
- 15 drops lavender oil
- 7 drops patchouli oil
- 13 drops frankincense oil
- 15 drops lemon oil

Dandruff Shampoo

To a 200 ml bottle of baby shampoo, add:

- 35 drops rosemary oil
- 25 drops cedarwood oil
- 20 drops juniper oil
- 20 drops sage oil

GRASS 62 ROOTS

(The same oils can be added to conditioner also.)

Eczema/Dermatitis Cream

- 100 g jar sorbolene cream
- 10 ml calendula infused oil or tincture
- 10 capsules vitamin E oil
- 5 ml chickweed infused oil or tincture
- 10 drops lavender oil
- 10 drops chamomile oil (Roman or German)

Note: If chamomile oil is not available, add 10 ml chamomile infused oil or tincture.

SNAIL & SLUG TRAP

Place a length of damp clay agricultural pipe in the garden among new seedlings. Bait it with a spoonful of canned pet food placed in the middle, which will attract the snails and slugs. They feed on the pet food, then rest in the damp, dark pipe. Each day scrape the snails and slugs into a bucket of salted water and reset the trap.

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Nature Search 2001

by Judy Clark, Narooma, NSW.

Early in 1992, when we lived in south-east Queensland, I saw an advertisement in our local paper for volunteers to help with the Nature Search 2001 Project. The organisers needed help to estimate the number and type of flora and fauna in a specified area. Volunteers were asked to attend an inaugural meeting in their area and an explanation was given on what is required of a volunteer. Volunteers were asked to catalogue flora and fauna on their property, whether it be a backyard or over 1000 acres. A nature search kit with all the forms needed and a booklet explaining the forms was supplied to all volunteers. I joined the group because I had no idea what half the plants and birds were on our 42 acres. Field trips with the help of experts to explain what was what, was also an attraction.

Our first trip into a forest left the experts giddy with questions of: 'What's this?' or, 'Look at that one,' and, 'What species does this belong to?'. But the physical pace was so slow, we covered 300 metres in an hour, as the first part of the forest was dense and the variety was enormous and much was learnt by all. Even the experts were referring back to their books to try to identify some of the trees and plants. We even had some rare finds. One clever wit was heard to exclaim that he had found an 'oil filterous-extinctious' and yours truly found a 'woodstoveious-busteous!' Both very rare finds indeed! Much was learnt by all and I know when I got home I was looking around our land to see if I could spot the same type of flora.

We have a book on birds of Australia which is becoming well worn searching for birds we can't identify, such as the tiny bird that has built a nest in the creeper growing over our back fence.

Nature Search is part of the South-East Queensland 2001 Project, whose planning area extends from Noosa Shire Council in the north, to Toowoomba City Council in the west, to the east coast, and to the Queensland/New South Wales border. The main body organising the whole project is the Department of Environment and Heritage (DEH) and they have sent out a call to the public to become volunteers to help with the immense task of cataloguing the fauna and flora in the planning area. The planning

area contains nineteen local authorities and encompasses an area of approximately 18,000 square kilometres.

Only a limited amount of reliable regional information on the flora and fauna of south-east Queensland is currently available to assist in planning decisions. To remedy this and assist the South-East Queensland 2001 programme, this project seeks to initiate a very substantial data collection process for the region. The register will incorporate the distribution of all fauna and flora species and record rare or threatened species. A major outcome will be the assessment of the flora and fauna habitat values and the location of nature corridors in the 19 local authority areas covered by South-East Queensland 2001.

Information for South-East Queensland 2001 Flora and Fauna Register will come from a variety of sources including government departments (federal, state, local), universities, consultants, specialist organisations and particularly conservation groups, and the wider community. The volunteers are part of a network of government departments and are valued members of the general organisation framework because the area to be covered is beyond the manpower of the departments involved. Also volunteer data collection teams can target areas in the South-East Queensland 2001 planning area that require particular attention for sampling. The volunteer component will provide significant up-to-date information for the register and it is envisaged that a large voluntary team will be required.

As Nature Search is reliant on active participation, an extensive support network has been established across south-east Queensland. Completed Nature Search survey sheets are entered into a computer and then transferred to a Geographic Information System (GIS) where the information is readily accessible on the habitat preferences and distribution of fauna and flora in the region.

The areas you search and record do not have to be limited to your own property but can be anywhere in the planning area you regularly visit. Backyard surveys can provide a significant amount of information on the habits of a particular species. Filling in a survey

sheet regularly (once a month or once every three months) will indicate which species are normally found in your area.

I found being involved with such a project, made me take more notice of the wildlife with which we share our property and become able to put a name to that new bird which just flew in, or the shrub I've never noticed before until it flowered. I remember how embarrassed I felt when my mother-in-law first visited from overseas and I couldn't name some of the trees that she asked about. So now my library on flora and fauna is growing, but for first-hand experience the field trips are great.

The phone contact number for Nature Search Brisbane is 072-277-836 and ask for Jean Tilly, who will be able to tell you who to contact in your area or will post the Nature Search Kit out to you.

Maybe there is a similar project underway in other states, so a call to your state's Department of Environment may be the way to go. Even keeping your own records could become useful to local council or conservation groups in the development of your area. You might just like to keep your own personal records to look back on year after year to see just how much nature changes around you with the seasons.

Even though those who are involved in Nature Search 2001 are already appreciative of the Australian bush and its wildlife, it can become awe inspiring and overwhelming when one really delves into the delicate balance of nature and its intricate workings and it makes one feel humble and just a small part in the greatness that is the Australian bush.

Information on Nature Search 2001 was supplied by Yvonne Orlando, University of QLD, Gatton College, Co-ordinator for the Nature Search 2001 project, Lockyer Valley 4344.



AUTUMN LEAVES

Autumn leaves should never be burned. Rake them up and pile them thickly around trees and shrubs to gradually rot down. Sprinkle handfuls of blood and bone or animal manure over the leaves to speed up rotting and to enrich the topsoil.

GRASS 63 ROOTS

CAR MAINTENANCE: VEHICLE BUDGETING

by Gwen Petersen and Arthur Frith, Taree, NSW.

If we want to survive financially we need to be able to handle our money in a manageable way, so that when the expenses arrive the money is available. It is amazing the number of motorists who comment on having to find the money to renew the registration of their vehicle when they bring the vehicle in for a roadworthy inspection. This has prompted me to develop a budget system for the motorist.

I presented this budget in two separate seminars last year and it has been an eye-opener to some motorists. I feel that there would be no better time to start this system than at the beginning of the new financial year. A budget is like a diet, it will not work successfully unless you stick to it.

This system is designed on a 48 week year. The reason for this is to allow you to have your four week annual holidays free of the usual bills that come in, enabling you to use the holiday pay for holidays (or whatever).

Here are the items that need to be considered in the budget:

- Amount of kilometres your vehicle has travelled in one year.
- Cost of fuel for one year.
- Cost of servicing the vehicle for one year.
- Cost of vehicle registration and compulsory third party insurance for one year.
- Cost of comprehensive insurance for

one year.

- Cost of tyres for one year.

HOW TO WORK OUT BUDGET

- What is the distance your vehicle has travelled for the last twelve months?

Answer 1 (example – 20,000 km)

- What was the cost of fuel for the last year?

Answer 2.....

If you don't have a record of the cost of fuel, divide the amount travelled on one tankful of fuel (kilometres) into the kilometres travelled in one year (km) and the answer will give you the amount of tank fills used in one year (fills).

(Example – if the vehicle travels 500 kilometres on one tankful then divide 500 into 20,000 and the answer is 40 tank fills. Next multiply the amount of fuel consumed per 100 km by the distance the vehicle travels per tankful. If the vehicle consumes 8 litres per 100 km then multiply 8 by 40 and the answer is 320 litres of fuel consumed per tankful.)

Next multiply the first answer (tank fills) by the second answer (litres)

Answer 3 (example – 40 by 40 = 1600 litres per year.)

Multiply third answer (litres per year) by the cost of fuel per litre.....

Answer 4 (example – 1600 x

0.7 = \$1120, assuming that the cost of fuel is 70 cents per litre.)

The next step is to divide answer 4 by 48 to arrive at the weekly average cost of fuel = \$..... (example – \$1120 divided by 48 = \$23.34 per week.)

- Cost of servicing and tuning your vehicle for one year? Add up the cost of servicing and tuning your vehicle for the previous twelve months and divide the amount by 48.

\$.....divided by 48 = \$:.....

(Example – serviced vehicle twice in one year at a cost of \$64 each time = 64 x 2 = \$128.) Tuned vehicle twice in one year at a cost of \$148 each time = \$148 x 2 = \$296. Therefore \$128 + \$296 = \$424. Divide the total by 48 = \$8.84.)

- Cost of vehicle registration and compulsory third party insurance? Divide the total cost by 48.

(Example – registration fee \$230 and CTP \$170 = total of 400 divided by 48 = \$8.34.)

- Cost of comprehensive insurance? \$..... Divide the amount by 48.

(Example – insurance premium \$372. Divide by 48 = \$7.75.)

- Cost of tyres for one year? \$.....Divide the amount by 48.

(Example – if a set of tyres costs \$400 and lasts three years then divide the cost by three to get the yearly cost and then divide by 48. \$400 divided by 3 = \$133.34 then divided by 48 = \$2.78.)

VEHICLE BUDGET SUMMARY

Item	Yearly	Weekly
Fuel	\$.....	\$.....
Servicing	\$.....	\$.....
Rego/CTP	\$.....	\$.....
Comp/Ins	\$.....	\$.....
Tyres	\$.....	\$.....
Totals	\$.....	\$.....

In the chart fill in your own figures that you have worked out. Add them up in the 'totals' columns and this will give you the amount you need to put aside each week (in the weekly column) for this budget to work.

TELEPHONE SERVICE FOR HEARING AND SPEECH IMPAIRED

A new national telephone service comparable with that available to all other Australians began on May 30 for people who are deaf or who have a hearing or speech impairment. This new operation, known as The National Relay Service, will be available 24 hours a day, seven days a week. It will replace locally operated and voluntary funded organisations which to date have provided

the only service available to the deaf and hearing/speech impaired community.

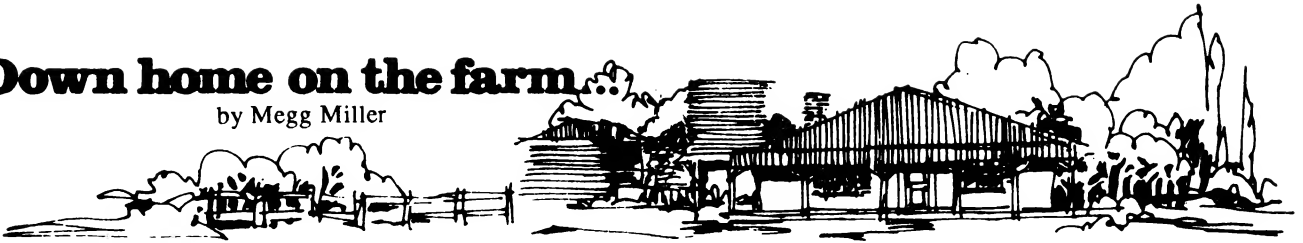
It will enable a deaf person or a person with a hearing or speech impairment to type a message into the text telephone and then have it passed through the operator and relayed to a person using a standard voice telephone. Alternatively, a standard voice message can be relayed through the operator and de-

livered as text to someone who is deaf or has a hearing or speech impairment. Staff are trained in disability awareness, deaf culture, speech impairment, ethics and confidentiality, to ensure the best, and most secure service possible.

For information contact: Bob Bowden, 06-277-7480; Department of Communications and the Arts: David Yarra 06-279-1845; Department of Human Services and Health: 06-289-8461.

Down home on the farm

by Megg Miller



The melodious drumming of rain on the corrugated iron roof has been a welcome sound. For weeks the local farmers had been anxiously searching the sky, their work at a standstill while they awaited the autumn break. Although there were numerous occasions when grey clouds banked up overhead, they dispersed quickly with little more than a spit. The preoccupation with rain may seem unwarranted to those protected by the certainty of public utilities, but in rural areas life depends on the annual rainfall.

When the dam that services the garden and livestock ran low recently I had to tackle the pump which lifts water from the bowels of the earth. It's an antiquated old unit so I was grateful for the assistance of a visiting friend. Standing under the obsolete windmill listening to the gurgling of air and water struggling in the pipes, my heart sank when the friend suggested the underground water may have been pumped dry further along the line.

The practice of buying in water is not unfamiliar. The house tanks here have

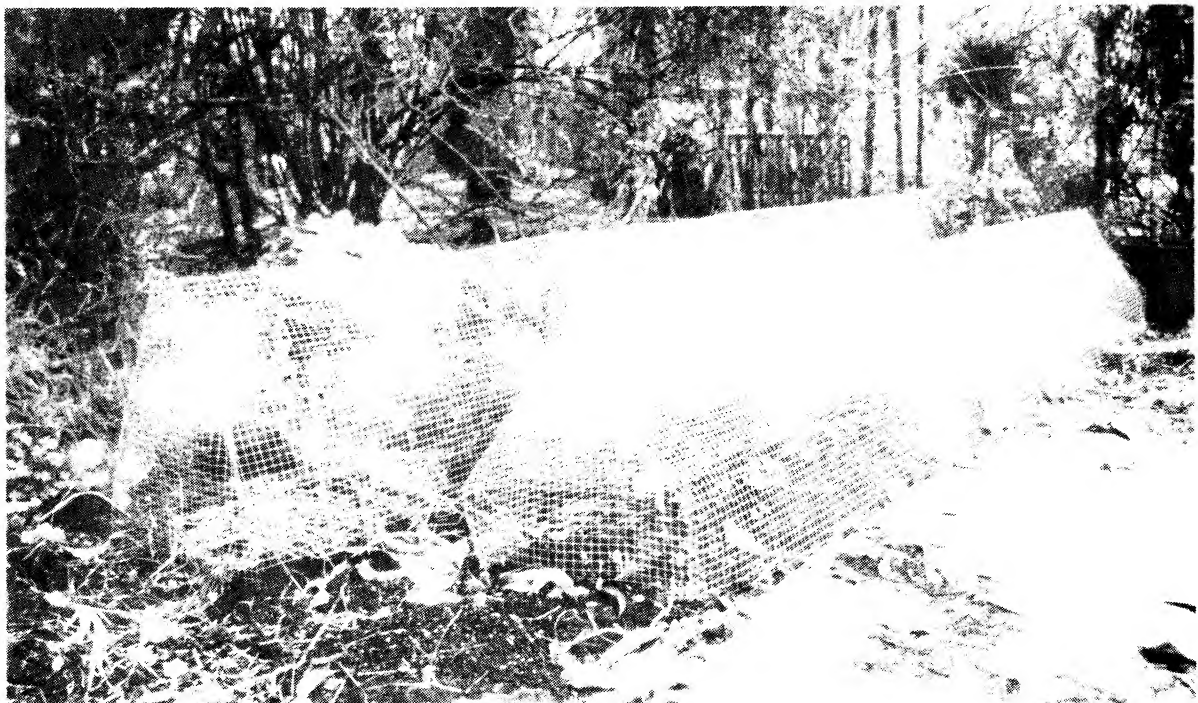
never been adequate and annually need filling by the local water tanker. David's house on the irrigation farm has tank water too and the roof run-off there is insufficient to fill the tanks and keep a grubby farmer clean. But buying water in for livestock is another matter, and one destined to quickly drain the coffers.

Fortunately the grumbling in the pipes was just the weary working of an old pump. The three days when the dam level was too low for my other pump to lift water were a nightmare and the long walk carrying buckets to and fro provided ample time for reflection. I didn't manage to solve the world's problems, but a few ideas did surface for ensuring water usage here is more efficient.

It's been a joy to see the surrounding paddocks green up after the rain. Grass and roadside weeds sprouted overnight and continue to grow in the autumn sunshine. Provided cold weather doesn't set in straight away the green pick will continue to grow and provide a lifeline for farm livestock.

It may however be too late to benefit

many of my young turkeys. Of all the avian species I keep they appear to be the most severely affected by the dry conditions. I noticed a few weeks back that a number were showing signs of respiratory problems, which is not unexpected when conditions are dry and dusty. Loads of crushed garlic in the drinking water helped the mildly affected, but conventional treatment was necessary for the more serious cases. Later I observed some of these birds moving stiffly when they walked, almost as though they had a leg disorder. Whether they developed this as a result of insufficient vitamin A (green feed) in the diet or from inadequate nutrient absorption due to the stress associated with ill health remains unclear. The marginal cases have improved markedly with daily grazing while those more severely affected have not deteriorated further. But that is the best I can hope for. Ironically I did attempt to give those birds cod liver oil in the drinking water at the onset of their sniffles but they were too smart for me. Turkeys are very



Broccoli, red beet and lettuce thriving under the predator-proof frames.

fussy about accepting new or strange flavours in their diet and rejected the oil by flicking it from the top of their water onto the wall behind. As cod liver oil is exorbitant to buy it was a wicked waste of time and money.

When some of the 12 week old chickens began to sniff and sneeze as well I thought, 'Help, I've had enough'. They were dosed with garlic and then given treatment for the common cold, and still they continued to look sad and sorry and sneeze like you and I. With nothing to lose I popped a low dosage vitamin A capsule down a few throats and the response several days later was miraculous. They were cured! You can imagine the nights that followed; catching and boxing chickens so I didn't double dose them, then spitting on capsules and popping them down little throats (if you put them down dry they adhere). With almost 150 chickens spread between half a dozen sheds and the lower branches of some peppercorn trees it was a character building exercise. At least the blighters swallowed the capsules and made a successful recovery.

Clearly the poultry sheds and yards have lacked their usual appeal. Not only have they been reminiscent of a hospital ward, but they've been full of loose feathers as well. The breeding birds, tough and resistant to disease, have been undergoing their annual moult. With little point in cleaning up until they've all shed their old feathers the garden has beckoned as a welcoming haven. Because it's relatively small, maintaining order isn't a daunting prospect and a couple of hours brings observable rewards. Of course there are not enough hours in the day to do all that need tackling, but a little work regularly goes a long way. And there is satisfaction in seeing the vegie seedlings you've jealously protected from a hundred and one

determined predators ready for harvest.

'These are of the most expensive vegetables you'll ever see,' I recently lamented to a would-be gardener, as we worked out the cost of electricity for pumping water, the roll of weldmesh for making protective A-frames and the hours of toil that are required for soil preparation, watering and garden maintenance. No doubt the eggs that grace the dinner table are just as costly as the vegies from the garden, but the flavour far surpasses shop produce and the chemical status is nil. These alone are sufficient motivation for me to grub about, while the pleasure of being outdoors, out of the sight of chooks and pottering relaxedly is the icing on the cake.

Cakes actually are not my forte. Regardless of the recipe used they always taste pretty much the same - heavy and healthy. David makes snide remarks about them and promises to bring down one of his creations that equal those mouthwatering extravaganzas pictured in glossy magazines. I'm sure he's not exaggerating either. I take heart from a recent incident. Some friends were dropping in for a coffee on their way by, and I got up early and made a cake for the occasion. I cut it and left it tastefully positioned on a special plate, and went outside to finish a job. Hearing the car pull up I sprinted in to put on the jug and discovered the cat had eaten the sides off several pieces. With the visitors hot on my heels all I could do was smack the cat and shove the chewed pieces to the bottom.

We sat down to a jolly morning tea and cleaned off the plate. 'Delicious,' gushed these dear people. And who can tell with wholemeal and nuts whether crumbled corners are your fault or Gingers? I bet you couldn't get away with that with Sachertorte!



GRASS 66 ROOTS

PENPALS

Hi, my name is Ocean. I am a ten year old female. I enjoy horseriding, swimming, reading, collecting stamps, animals, bike riding and writing to people. I would like a boy or girl penpal 9-14 years.

Ocean, C/- PO Box 242, EUROA 3666.

My name is Sonya. I am aged in my mid 40s and my interests are folk & country music, making new friends, metal detecting and reading. I would like female penpals around my age.

Sonya Beneke, PO Box 655, BATHURST 2795.

Hi, I am 28 years old and my name is Leone. My interests include theatre, dancing, music and reading. You can be any age above 20 and live anywhere.

Leone Russell, 72 Wickham St, MORNINGSIDE 4170.

My name is Mahla and I am a grade 10 student. I live in Adelaide and am looking for anybody, male or female, any age, who has a hungry letterbox. I love anything living, especially the moving varieties, and have many interests.

Mahla, C/- PO Box 242, EUROA 3666.



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For a catalogue or more information, write to Knitters of Australia, 625 Hampton St, Brighton 3186, or ph: 03-593-1433.

CRYPTIC GRASSWORD Continued from page 60.

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Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

★ FEATURE TITLE ★

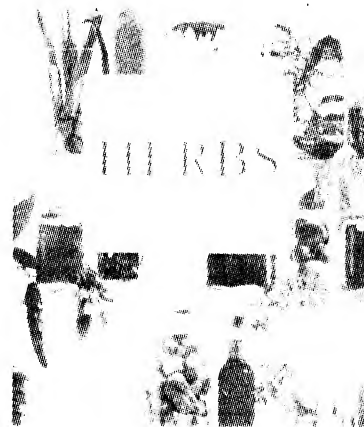
THE ENCYCLOPEDIA OF HERBS, SPICES & FLAVOURINGS – Elizabeth Lambert Ortiz.

A special book which will be valued by anyone with an interest in cooking and/or eating. It is a comprehensive reference book to over 200 herbs, spices, edible flowers and leaves, aromatics, vinegars, oils, teas and coffees; from the everyday to the exotic. Information includes the historical as well as the culinary. Each food (including many variations) is illustrated with superb coloured photographs. There are cooking tips, hints on storage, complementary foods/flavours, alternative names, and

recipes.

A significant section of the book describes the cuisine (and particular flavours) of various areas of the world. This includes lists of traditional ingredients, which can be sourced through the index for more detailed information, and a menu guide (but not recipes).

It is a book for browsing and for using. Well designed, clearly formatted and lusciously illustrated it will enable you to enrich your cooking in a multitude of ways. A most acceptable gift or self-indulgence. H/b, 288 pp, Hodder Headline Australia, RRP \$50. Ph: 02-638-5299.



RURAL SAFETY – Andrew Brown & David Lawler.

It comes as a shock to some people to realise that a rural lifestyle can be just as hazardous (if in different ways) as a city one. This book tells how to apply common sense to safety guidelines when handling tractors, machinery, livestock, firearms. It also describes safety aspects of storage facilities, manual work, diseases and stress. Some areas it covers seem very basic, but there is no doubt that care and attention to detail can make the rural environment a safer one to live and work in.

P/b, 144 pp, Inkata Press, RRP \$29.95. Ph: 02-372-5511.

BEEF CATTLE – Lucy Newham.

Lucy Newham is a stud stock breeder with long experience in the beef cattle industry. Her book reflects her practical and commonsense approach to breeding, feeding and showing cattle. The section on breeding and management includes information on selection, breeding systems, nutrition, health and marketing while the second part of the book covers preparation, promotion and stock photography. A well presented book, well illustrated with photos and diagrams. H/b, 148 pp, Inkata Press, Butterworth-Heinemann, RRP \$34.95.

THE HEALTH BOOK SERIES – Gore & Osment Publications.

A series of health books, written in a relaxed, friendly style with a strong self-help element, is available by mail order from the publisher. The two titles we received are *The Herpes Handbook* by Dr George Biro and *You Can Quit* (smoking) by Renee Bittoun. Both proved to be helpful and practical with up-to-date information. A full list of titles is available from the publisher.

P/b, 64 pp, Health Books, \$9.95, including postage. Contact: Health Books, 427/150 Queen St, Woolahra 2025. Ph: 02-361-5244. Fax: 02-360-7558.

TEXTURED EMBROIDERY – Jenny Bradford.

The author clearly shows how to do new stitches and create individualised textured designs on anything from miniature jewellery to clothing or rugs. The basic ideas can be applied to a variety of threads to allow unlimited creativity. Instructions are clear and all projects well illustrated. Suitable for beginners to advanced needlepersons. P/b, 93 pp, Milner Publishing, RRP \$19.95. Ph: 02-555-7899.

WOODWORKING FOR IDIOTS LIKE ME – Dr Bob Rich.

The subtitle of this book is *Dr Bob Rich's personal account of his transformation from fumbler to fixer*. Because he has had to learn to be competent with a hammer, he is a very good teacher. His book charts an easy to understand path from basic skills to awe-inspiring finished projects. Such projects include billycarts, cubby houses,

built-in wardrobes and furniture, all written in a chatty, anecdotal style with good illustrations.

P/b, 194 pp, Alrd Books, RRP \$19.95. Ph: 03-650-1334.

THE GOATKEEPER'S VETERINARY BOOK, 3rd Edition – Peter Dunn.

Practical and easy to use, this book is an essential aid to any goatkeeper. This completely revised new edition contains up-to-date information on the symptoms and control of all the major goat diseases, with particular emphasis on the prevention of illness through good husbandry. There are clear guidelines on when treatment can be given by the goatkeeper and when the vet should be sent for.

H/b, 227 pp, Farming Press, available from: Butterworth-Heinemann, PO Box 5577, West Chatswood 2057. RRP \$45.95.

LIFE'S LITTLE RETIREMENT TIPS – Mary Shelley Clark and Jack Clark.

Few people are well prepared for retirement. It's a radical change to the finances and daily routine. It's also a big opportunity to do things that there was never time before to do. Retirement seminars focus on money matters, so this book fills the gap by concentrating on lifestyle issues – where should you live, how do you divide household responsibilities, what do you do with your leisure time?

P/b, 137 pp, Hale & Iremonger, RRP \$6.95. Ph: 02-565-1955.

LOTHIAN SUCCESSFUL ORGANIC GARDENING: VEGETABLES – Patricia Michalak.

The first in a series of organic gardening books, *Vegetables* contains complete details on garden planning for season-long harvest and safe effective organic controls for common vegetable garden pests. Originally written for US conditions, it has been adapted to Australia by Cheryl Maddocks and Keith Smith. *Herbs* has also been released, to be followed by *Companion Planting* and *Low Maintenance Gardening*. They have great photos and useful plant guides. H/b, 160 pp, Lothian, RRP \$29.95. Ph: 03-645-1544.

LANDCARE – Andrew Campbell.

Landcare is about farmers and greenies, government and community, and scientists and laymen working together to change the way we use our land. This book tells the story of the people involved in Landcare, through outlining the ground swell that gave it birth and case studies of Landcare groups around Australia. It gives examples of what makes a successful group and suggestions of how to impact on your own area.

P/b, 344 pp, Allen & Unwin, RRP \$17.95. Ph: 02-901-4088.

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KYOOGLE, FAR NORTH COAST, NSW, subdivided, your choice of 120 ac to 175 ac, excel double creeks frontage - Lynch's Crk to Warrazambil Crk. Ideal country retreat with a magnif rural setting, on Border Ranges Nat Pk. Good abundant waters, timber, grass, wildlife, good access, homesite, power, schools, bus, postie, 2 hrs Brisbane, car or SPT train, airport, beaches. Ph: Jim, 066-362-248.

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INTHE HILLS INLAND FROM EDEN on the far sth coast of NSW - 120 ac of very secluded unspoiled bush with approx 1 km of crk frontage. Abundant wildlife. Dual access, ideal for 2 or more to share. \$78,000. Please ring 047-824-856/841-020 for maps etc.

EASTERN DORRIGO, 5 ac lge spring-fed dam, river on bndry, fenced, w/shed, vegie & chook yards. Unique passive solar design pole frame home, 2 b/r + loft, new s/c stove, potbelly, many other magic features. \$125,000. Ph: 066-543-461.

NORTHERN NSW, unique 40 ac f/hold in middle of state forest, 76 km w of Grafton. Permanent crk, spring-fed dam, fully fenced. Private sale. \$40,000 ONO. Ph: 070-931-182.

NYMBOIDA, NORTH COAST, 2 storey

hexagonal 3 b/r timber home on 100 ac. Spacious sunny dwelling, balcony & verandahs overlooking stunning view. Power, sheds, well fenced, dam, abundant organic vegie garden. Independent 1 b/r cottage. Property 70% wooded, incl hoop pine, silky oaks, r/forest species. Permanent crk, prolific wildlife featuring parrots, bell birds, platypus, kangaroos, wallabies, bandicoots. \$150,000. Ph: 066-845-206.

TWO BEDROOM PLUS SLEEPOUT, brick & timber cottage on 2 ac. Ideal GR lifestyle or retirement. All services connected. Only reason for sale, domestic. \$50,000. Ph: 043-972-604 after 6pm, weekdays.

OPAL MINING RETREAT, Lightning Ridge/Grawin. Perfect set-up with house on opal mining claims, 12V solar power, 240 generator, 5000 gal w/tanks, big dam, workshed, very private, \$56,000. With mining equip \$75,000. Ph: 068-293-943.

ONE HUNDRED ACRE BLUEBERRY/CATTLE farm, 30 mins west Grafton, 8 mins from Nymboida school. Set in glorious secluded valley with 5 bed solar powered home, sep cabin, dam, crk, 1600 certified blueberry trees, packing shed and coolroom, 70 ac cleared for grazing. Irrigated crk flats for market gardening. \$265,000, ONO. Enquiries, ph: 066-422-980 BH, 066-494-196 AH.

NEAR NIMBIN, 2 charming country cottages, one 3 b/r plus studio, one 2 b/r, \$60,000 and \$43,000. Solar power, tank & gravity-fed dam water, composting toilet, f/trees, friendly neighbours. Steiner school adjoins. Ph: Lesley, 07-287-6401; Trevor, 07-207-0013.

MID NORTH COAST: 10 private ac, fenced into 2 paddocks. Mixed orchard, vegie garden - organically farmed. Permanent crystal clear

crk is 2 1/2 bndry, other 1/3 state forest. Two dams, 1000 & 2000 gal tanks. Very comfortable 2 b/r dwelling with ph, power, SHW, s/c/ heater, LPG stove. Only 30 mins to Kempsey. \$110,000. Call Sue, 065-669-187 evenings.

ONE HUNDRED ACRES virgin bush, f/hold, lge variety flora/fauna, 2 semi-perm crks, 57 km from Dubbo, surrounded by state forest. \$39,000 ONO. Ph: 069-723-405.

THREE HALF-ACRE HOUSING BLOCKS, sml rural village - Tambar Springs. Town water & elec avail. Quiet area, 60 km to Gunnedah shopping centre, medical facilities. High school bus. Price \$2000 ea, or \$5000 the lot. Bush setting. Ph: 067-442-420.

ORGANIC FARM FAR NORTH COAST, private 12 ac close to beach. Six ac bananas, mangos and palm nursery. Magic gardens, 5 b/r home, sheds, spring, bore, dams. \$225,000. Ph: 066-771-395.

NYMBOIDA NORTH COAST, 40 ac f/hold, 37 sq Nu-Steel home, 4 b/r (3 bir), en suite, WIR, lge modern kitchen/dining room, lge lounge room, 2 wc, down lights t/out, 8' verandah 4 sides. Two 5000 gal tanks, perm crk, 2 natural springs, elec, ph, mail, school bus. Plenty of wildlife. \$230,000 ONO. Ph: 066-494-276.

BUSH RETREAT mid-nth coast in Nambucca Valley, 27.5 ac. Timbered, crk, 45 mins to main town. \$48,000. Ph: 044-651-505.

KEMPSEY 400 ACRES of common land. Owner independently selling his 1/6 share of f/hold land, consisting of 68 secluded acres, 4WD access through state forest to sml cabin, mtn views. Abundance of wildlife. Ten mins to school bus stop. Thirty mins to town centre. \$32,000. Ph: 02-638-7904 - calls returned.

GRASSIFIEDS

PROPERTY FOR SALE NEW SOUTH WALES

TABULAM 168 ac, 1/2 bush, 1/2 cleared. Close town, main rd. Established house, gardens. Fenced, power, water, ph. \$140,000. Ph: 066-661-307.

RIVERINA, 125 ac, 11 km from West Wyalong (pop 3000, all amenities), 3 km all-weather lane to school bus, then sealed highway to town. Fifty percent dense bushland on scenic hill, balance grassland, abundant bird life. Sound fencing, ample groundwater by dam, extremely secluded, building permitted, power, ph avail. Price \$40,000. Unrestricted f/hold. Ph: 069-724-653 night.

'EAGLE HEIGHTS', used as a Haflinger horse stud, is for sale as we have to move on. The land size is 100 ac, it is partly treed and situated 45 mins from Canberra at the foot of the 1600 m high Tinderry Mountains (Tinderry Nature Reserve). Establishment of many fences, trees, pine plantations, orchard, garden, house, sheds, chook enclosure & stables transformed a section of bare paddock into a park over the last 12 years. The over 12 sq lge & partly mud brick house was built following building biological principals. (I explained building biological principals in GR magazines in 1983 and 1984.) The house features magnif views, partly roofed verandahs, a lge, high ceiling living room (5 sq), 2 lge b/r (3 sq and 2sq), bathroom with WC, kitchen and toilet & is equipped with wood heater, gas stove & gas fridge and 12V solar charged lighting. Three stables & yards, a wash bay, a levelled riding arena, 4 smaller paddocks and 3 lge paddocks & 3 dams exist and water is reticulated to the house, the yards & 3 three paddocks & the little guesthouse (1 sq). Asking \$165,000 ONO. Ph: owner, on 06-299-4682 (w) or 06-292-3771 (h).

HISTORIC CHURCH in village on double block, now residence. Half hr Dubbo. \$69,950. Further enq and photos: 068-881-149.

ELANDS VIA WINGHAM, near Ellenborough Falls, lge home on 1 ac of lawns, gardens & trees. Surrounded by mtn and forest views. On main rd, bus at door, school, power, water storage 13,000 gal. Four b/r, 2 bathroom, 1 with spa, 2 lounge rooms, modern kitchen, lge sunroom. Ceiling fans, combustion heater, HWS. Two garages, c/port, lge hothouse. Outdoor covered bbq. PLUS, old general store building, suitable for craft studio, extra accom, tourist trade possible, photos, fact sheet available. \$115,000. Ph: 065-504-515.

SNOWY MOUNTAINS, near Lake Eucumbene & Mt Selwyn skiing. Five b/r, relocated, near complete dwelling. Broad verandahs, beautiful views. Sixteen ha on Murrumbidgee with riparian rights, 12 km Aaminaby, 1 1/2 hrs Canberra. \$106,000 ONO. Ph: 06-247-8520.

TAREE AREA - ELANDS, The Valley - 250 ac f/hold, crk, natural springs, dams, sheds, suitable MO. \$100,000. Ph: 066-763-961, 065-504-453.

'EDEN ON NORTH COAST' 2 b/r stone and timber pole house. Our home is hand-crafted and features stained glass windows, solar power, potbelly, and shingle cladding. Set in

**DEADLINES: GR 110 - JUNE 30TH
GR 111 - AUGUST 25TH**

2 1/2 ac estab organic f/trees and lush landscaped gardens. This strata title property includes community owned shop, hall and 3 storey craft/workshop. Half hr from Lismore, 1 hr to Byron Bay, school 5 mins. \$110,000 ONO. Contact: Jane, Billen Cliffs, LARNOOK 2480. Ph: 066-337-023.

FOR SALE OR EXCHANGE, 2 b/r cottage on 136 ac, power, ph, dams, sheds, bore, f/trees, good soil, 51 km NW Mudgee, approx 16 km dirt rd. To sell \$99,500, or exchange villa, sml cottage, duplex, 50 km radius of Penrith. Ph: 063-734-271.

KURRAJONG HILLS, 5 1/2 ac estab gardens/parkland nestled in a protected area. Includes: 183 rose bushes, variety deciduous trees, wide range native trees, shrubs, eucalypts, exotic fruit, nut trees, unusual plants/shrubs. Abundant spring, lge dam. Fernery with water system. Large house incl 4 b/rs BIRs, lge living area, new Impala kitchen, pleasant views. Prime position close to schools, shops. Approximately 3/4 hr drive to Parramatta. Train service avail from Richmond. Property featured in *House and Gardens* 'Beautiful Gardens' No 28. Owners have been keen gardeners and would prefer like-minded purchaser. \$320,000. Ph: 045-731-334 AH and weekends.

TABULAM AREA, 60 mins west of Casino, 200 ac secluded bush retreat backing onto Rocky River gorge. Elevation 440m, frost-free, all-weather access. Comfortable 5yo 2 b/r insulated Hardiflex home. Open plan living, lge garage, 10,000 gal r/tanks, septic, s/c heater. 12V-240V solar power & generator. Gas: HWS, stove, fridge. Vegie garden. Rates \$142. \$130,000 ONO. Ph: 066-661-348.

HEAD FOR THE HILLS, head of Walcha. Numerous properties: 2 ac, river frontage, 1 km village, \$5500; 155 ac, 3 km highway, r/forest & natural tall timber, numerous sheds, level home site, crk, \$50,000; 109 ha (269 ac approx), extra lge home, 30 km town, \$180,000. A B Elder & Co, Walcha. Ph: 067-772-187.

KEMPSEY: 20 MINUTES WEST, 25 ac hobby/retreat, gentle slope, cleared with some trees, crk, views, 3 b/r Colonial style home with verandah, patio, stables and c/port. \$128,000 ONO. Ph: owner, 015-937-528.

SOUTHCOST FOOTHILLS, between snow & ocean: 288 ac, 1/2 forest, crystal clear water, fern & vine gullies, adj nat pk but excel access, 6 km from Snowy Mtns Hwy and school bus at gate. Huge range productive trees, garden, livable old w/b house with solar power, HW, ph. Suit further development: horticulture, forestry, tourism potential. Asking \$182,000 or consider sale of part. Ph: 064-930-342.

GREVILLIA FREEHOLD, 56 ac, open forest, abundant bird & wildlife, perm crk & 2 dams, 5 mins school & shops, 1/2 hr Kyogle. \$55,000 ONO. Ph: 07-294-6343.

PORT MACQUARIE, sell or exchange, 3 b/r full brick home, beautiful ocean and bushland views, elevated, nth verandah, huge sliding

glass doors, open plan dining/kitchen/lounge, spacious. Downstairs, triple garages and laundry, toilet, sep lock-up garage. Central location. Exchange for home on acres, prefer 3 b/r home, 50 acres or less, around 2 hrs drive Port. \$165,000 ONO. Ph: 065-825-000.

TEN MINUTES FROM KEMPSEY, 28 ac of absolute privacy, nth aspect, tar rd, school bus, dam, fully fenced, power, ph, comfortable alternative dwelling, sep studio, lge work shed, all situated in a peaceful bushland setting. A short walk to the river or a 30 min drive to beaches. Price: \$94,500. Ph: owner, 065-669-107.

LAND, TWO KILOMETRES BOWRAVILLE/Nambucca, 6 1/2 ac. Black loam dairy country, cleared, small spring/dam. Bitumen rd, power, ph, unlimited water. Ph: 063-551-492.

VILLAGE 37 KILOMETRES TAMWORTH, sml house on 1/2 ac block. Bore, pump, r/water tank, vegie garden, ph, elec connected. General store, good primary school in village, RMB, school bus. \$70,000 ONO. Ph: 067-642-314.

QUEENSLAND

FORTY ACRES, 70 km Kingaroy Qld, dam, crk, fenced, shed. \$30,000. Ph: owners, 07-286-2880.

FAR NORTH QUEENSLAND, totally organic huge block. Open living, old home. Tropical fruits, mini r/forest, elec, new water lines, bore water avail. \$85,000. Ph: 070-979-297.

NORTH OF GYMPIE, 2 x 160 ac blocks. Divided by deep crk, suitable grazing/tree crops/retreat. \$65,000 & \$75,000 each, or both \$125,000. Ph: owner, 074-828-082, evenings till 8.00 pm.

HARDIPLANKED, 2 b/r, steel framed house, 90% complete, council approved, on 1/4 ac, ph & power, septic, 4000 gal tank, fully fenced etc. Near Kilcoy, 1 1/2 hrs to Bris or nth coast. \$55,000 ONO. Write: PO Box 128, Kilcoy 4515.

A BEAUTIFUL AND HARD TO ACQUIRE property, 30 km from Yeppoon on Capricorn Coast, 2 1/2 ac. As-new 3 b/r home, c/port, shed, on sealed rd. Twelve different varieties of f/trees all bearing, vegie garden, flowers, shrubs, ferns, palm trees in r/forest setting. Semi-perm crk through property. Birds galore, plenty water, 2 tanks 2000 & 5000 gal, 2 pumps, pressure water to house. Very quiet and private, close to fishing inlets. Suit healthy retirees. \$125,000. Ph: 079-351-283.

TOOWOOMBA, 18 secluded ac just 15 mins out of city centre, 40 x 20 shed with power. Tanks, lge dam, crk, + u/ground water avail. Suit permaculture minded people. \$79,500. Ph: 066-766-283.

DROUGHT BEATEN GRAZIER, uprooted from family farm, must find work & quickly liquidate 860 ac grazing country. Sound fencing, well shaded, good soil, abundant water. Scenic drive to town and renowned fishing. \$65,000. Ph: agent, BUNDABERG 071-531-825.

**Make Your Editor Smile -
Punctuate!**

GRASSIFIEDS

PROPERTY FOR SALE QUEENSLAND

BIGGENDEN, 1¼ hrs Hervey Bay and Bundaberg, 130 ac secluded bushland nestled next to nat pk with mtn views, 12 km town with all services and schooling to yr 10. One yr old, 2 b/r, fully solar, timber cottage, polished floors, gas fridge and stove. Plenty of water: 6000 gal tank, 2 dams, 2 seasonal crks, well. Good soil suitable for small cropping, 7 ac improved pasture. Fully fenced. Established f/trees & organic vegie garden, chooks. Three bay shed. \$115,000. Ph: 071-222-554.

UNIQUE OPPORTUNITY TO ACQUIRE a rare 300 ac property. Suit grazing, fattening or many rural ventures. Banksia lined shady crk with deep fishing holes. Huge yabby stocked dam, lush crk flats, timbered scented eucalypt hills. \$39,500 ONO. Ph: agent 071-531-825.

PERSEVERANCE CREEK CO-OP – new owner-built 2 storey, 126 sq m timber home. Includes 3m verandahs on both storeys, timber floors & 6" pine lining, 240 volt u/ground power and water connected. House incomplete – needs kitchen, bathroom, toilet & paint. One ac plus share in 50; 10 shareholders. House adjacent to 3 waterholes on perm crk. Co-op and house has full local council approval & share incl share in incomplete art gallery on highway. School bus passes front gate, 30 mins nth of Toowoomba. Enormous potential. Owner must sell. \$50,000. Ph: 076-380-513 AH.

BUNDABERG, GIN GIN, 25 ac undulating, power, ph. Urgent sale. \$29,500. Ph: 043-965-589 AH.

QUEENSLAND: GENTLE LIVING in a true tropical 2 b/r home on one ac. Tiled t/out, beamed wooden ceiling. Open plan. Solar HW, town water, elec, ph, gas cooktop & wall oven. No upkeep, inside/outside. Well & underground irrigation. Fruit trees, chookrun, hobby shed. Beautiful trees, birds and butterflies. Very private. Five min walk to beach, golf course, bowling green, tennis court, swimming pool. Close to fishing/boat ramp. For info & viewing ring: 077-707-358 any time. Private sale.

WANT 29 ACRES OF SPACE? Suitable for built-up no-dig gardens. Dam site. School bus passes, ph & power. Twenty km from Gin Gin Qld which has hospital, ambulance etc. \$33,000. Lot 20 H.H Innes Rd. Go to council for exact location. You will get cheaper, but not better. If wanted write: S & R Habgood, PO Box 37, FINCH HATTON 4756. (We have bought smaller.)

BAUPLE – BETWEEN MARYBOROUGH and Gympie, 3 b/r home on 40 ac, elec, ph, dam with pump, 2 garden sheds, c/port, lge shadehouse, above ground pool, 5 tanks total capacity 12,000 gal. Bus route to primary and secondary schools, underground irrigation. \$125,000 ONO. Ph: 071-292-385.

MACKAY, FIVE ACRES, crk, house, sheds, machinery, 2 bores. Extra income, grapes, citrus, lychees, longans, and lots more. Look, compare. Try your best offer. Ph: 079-540-266.

TWENTY KILOMETRES WEST OF COOROY: 12 gently sloping ac, fenced for

PLACING AN AD? See page 68 for details

sheep/goats, good crk, never dry spring-fed dam, electric pump supplies toilet, gardens, poultry. Steel shed 40'x20', modern steel frame 2-3 b/r home, verandahs, c/port, septic, power, ph, school bus, 5000 gal r/water, garden shed, vegie gardens, fruit and ornamental trees. \$145,000. Also adj 6 ac, crk, spring-fed dam, comfortable 40'x20' 2 room shed, power, ph, septic, 5000 gal r/water, fertile gardens and trees. \$75,000. Ph: 074-479-204.

ULTIMATE TRANQUILLITY, sml original cottage overlooking a perm mtn crk, set on approx 10 ac adjoining the Bunya Mtns Nat Pk, 2½ driving hrs NW of Brisbane. Sunroom, kitchen, bathroom & open plan living/sleeping. Verandahs on 3 sides. Gas & wood stoves, fridge, Kent space heater, solar HW, grid or solar power avail, 40x30 ft double garage/carport/workshop/office. Includes Toyota Hilux diesel 4WD ute. \$120,000. Ph: owner, 018-795-791.

BALGAL BEACH, low maintenance, spacious red brick home, 2 b/r, can convert to 3, 2 toilets, 2 bathrooms. Large 9x6m shed annexe. Set on lge shady park-like block. Native f/trees on irrigation. Ph: 077-707-259.

CLEAN COUNTRY LIVING in lovely Qld, 25 undulating ac in foothills. Beautiful timber cottage/shed with loft 10mx13m. Bore, 3 summer crks, school bus, ph, power avail. Permaculture gardens, vegies & herbs, f/trees, chooks etc. Subtropical climate, 15 mins to Gin Gin. \$49,990. Ph: Leila or Jeff, 071-576-515.

HANDY PERSON SPECIAL, 90km nth Bundaberg, highset Queenslander, 40 ac, natural bush, lawns, shrubs, orchard, dam, water on tap, 3 km river, 4 km shop, 17 km beach, school and bus nearby. \$75,000. Ph: 07-391-8542.

TARA, FORTY ACRES, power, ph, school bus, dam. \$20,000. Ph: 07-807-2334.

CONONDALE, THIRTEEN ACRES certified organic soil, 5 mins Crystal Waters Permaculture Village, Mary River frontage. \$95,000. Optional extra fruit & vegetable shop, Maleny. \$48,000. Ph: 074-942-384 BH, 074-944-591 AH.

DARLING DOWNS, good modern 3 b/r home, lge rumpus, lge heater, on 8¼ ac f/hold. Good fertile soil, excel bore, power, ph, sheds, 15 mins Toowoomba. Stroll to school & shop. Rates \$350 annually. \$125,000 ONO. Ph: 076-961-362, or 071-686-183.

SOUTH-EAST QLD, 40 ac heavily timbered, fully fenced & internal fence, 3 b/r steel kit home, fully insulated with wood stove & combustion fire & composting toilet which makes 500kg of compost. Has \$16,000 solar power system and ph. Ten thousand gal w/tanks, 12x12m & 10x5m sheds. Chook runs & sml shadehouse. Has lge dam & u/ground water. Kingaroy 30 min drive, 90 min drive to Fraser Island. Spent over \$100,000, sale for \$89,000. Ph: 071-648-103.

BROOWEENA, 30 mins Maryborough, 178ac,

heavily timbered, perm dam, supports abundant wildlife, bitumen rd frontage, ph, power, bus avail, full fenced, c/van with 1000 gal tank, very private. \$80,000. Ph: 071-591-135.

BEAUTIFUL HANDMADE MUD BRICK, open plan, post & beam & glass, 3 b/r house on a share 160 ac of forest, close to Gympie, Rainbow Beach, Fraser Island, SE Qld. Creeks, dams, solar & generator, tanks, privacy, great neighbourhood, school bus, verandahs, wildlife. \$80,000. Ph: 074-857-205 AH, or 015-135-053 for more info. Sandra & John, PO Box 10, GYMPIE 4570.

PEACEFUL 12¼ ac in Brisbane Valley, 1 hr Brisbane, close to school and shops. Large area totally private with shady trees, tennis court, above ground swimming pool and comfortable accom. \$78,000. Ph: 074-264-523.

BOOYAL, 40 mins W of Bundaberg, on Hwy One, 108 ac full fenced, timbered, grazing property. Permanent sml spring-fed crk, 2 sml dams, 2 road frontages, power/ph avail. Suitable homesites, 5 mins from primary school. \$65,000 ONO. Ph: 071-599-692 AH.

MANGOS – CRAYFISH, 30 ac, 20 mins E of Gympie, 40 mins Noosa or Rainbow Beach. Three b/r house, spa, potbelly, lovely gardens, assorted f/trees, school bus, fully fenced, good rainfall; 250 mature, 50 young Bowen mango trees, irrigated & mulched; 3 (2000m²) crayfish ponds, aerated, birdnetted, fenced, gravel lined, fully stocked with Redclaw. 15mx6m shed, tractor, pumps, dams etc. \$220,000 Ph: 074-867-141.

TARA SHIRE, 30 mins from Dolby, 30 ac beautiful bush, dam untouched, power avail, good soil, school bus. \$19,995. PH: 09-341-1660.

GYMPIE, FIVE TRANQUIL ACRES, 6 mins from town on gently sloping block with nth aspect. Ideal permaculture. Big trees, lush vegetation. Two b/r home set in terraced tropical gardens with feature dry stone walls. Large kitchen. Wide verandahs. Power, ph, school bus at gate. Shed/workshop, carport, aviaries, shadehouse. Truly beautiful property with many other features too numerous to list. Forced sale. Sacrificed at \$155,000 for quick sale. Ph: Cheryl, 074-828-679.

VICTORIA

NE VICTORIA – 72 ac fenced into 4 paddocks. Comfortable WB house, 60 tree orchard, estab herb garden, lge vegie garden, lots of shedding & pens for chooks, turkeys, geese, pigs etc. Alternative power source for house, solar & wind generated. Abundant water supply via well, dam & r/water tank. Owners relocating for work. \$95,000 ONO. Ph: 057-269-465, after dark.

EAST GIPPSLAND, BULDAH, 235 ac, 30 ac cleared, 5 yr old house. \$145,000. Ph: 03-543-1950.

FOSTER, GIPPSLAND, 32 ac, magnif views of Wilsons Prom, ½ clear, ½ bush, 1 b/r shack. \$60,000 ONO. Ph: 056-816-251.

**To avoid disapointment ensure
your ad meets our deadline**

GRASSIFIEDS

PROPERTY FOR SALE VICTORIA

FOSTER GIPPSLAND, 7 ac, perm crk, tree ferns, platypus, $\frac{1}{2}$ clear, $\frac{1}{2}$ bush, house site facing nth. Large dam, SEC, lovely views, good access, ideal hobby farm or self-suff. \$52,500. Ph: 03-899-5689.

MOUNT BEAUTY, 3.3 ha, organic, shade gardens, sml paddocks, woodlot, magnif views, town water, serviced sml cottage. \$160,000. Ph: 057-572-768 after dark.

SEASIDE/PORTLAND - reduced for quick sale, standard building block, lots of rural charm, close to major town & schools. Don't miss this! \$8250. Ph: 02-955-1517 AH.

THE PLEASURE OF THE COUNTRY while living close to the city. We are selling our 3 b/r BV open plan 12 yr old house, $13\frac{1}{4}$ sq, exposed beams, Coonara heater. Large chemical-free organic garden, quiet location overlooking park. Many berry fruits and medicinal herbs, $\frac{1}{2}$ ac volcanic soil, SEC, mains water, 1 hr from Melbourne. EMERALD, Vic. \$127,500. Ph: 059-683-663.

SIXTY FIVE ACRES for sale, sth Gippsland, 14 km from Foster, superb views of Wilsons Prom & islands in Bass Strait. Near-new 3 b/r Australian colonial timber house with verandah around all 4 sides, ph, solar elec power, machinery, storeroom & packing shed, WIWO. Four wheel drive tractor, implements, canopied tandem trailer. All pastures superphosphate-free in excess of 20 years. Immediate cash return from 3000-tree protea plantation, sheep extra. Three waterfalls, fern gullies and your own limestone cave. Vendor terms, $\frac{1}{2}$ deposit, interest only, 2 years option to renegotiate. \$200,000. Ph: 03-857-5534.

REDBANK - FORTY ACRES, 2 titles, northerly slope, fenced, sml dam. Excellent for grapes, 1 km off Sunraysia Hwy. \$34,500 ONO. Ph: 059-673-242.

DEAR GR READERS. Here is a good chance to purchase land that offers so much. Clean running water, sml pockets of semi-r/forest areas, an abundance of wildlife and surrounded by state forest. This property is 40 mins from Bairnsdale on the beautiful headwater of the Nicholson River. For the past 11 yrs the Nicholson Co-op has developed into a diverse community with strong environmental values. I have built a mud brick/cedar home which is solar powered and has generator back-up. There is a sml house orchard & a further 250 cherry trees approaching cropping. Due to work commitments my family & I are forced to leave the area and are looking for like-minded people, who could enjoy the lifestyle that this property offers. Price \$70,000 ONO. If anyone has any enquiries please contact Ray Dale. Ph: 051-564-275.

BUSH RETREAT, 20 mins Ballarat, natural bushland, echidna, koala, kangaroo, winter crk, can subdivide. \$85,000 ONO. Ph: 053-447-401 or 053-447-498.

CANNRIVER, Far East Gippsland, super clean, very spacious $\frac{1}{4}$ ac block with 2 b/r Lloyds home. \$40,000. Ph: 064-581-416.

DREEITE, NEAR COLAC, 25 ac fenced,

**DEADLINES: GR 110 - JUNE 30TH
GR 111 - AUGUST 25TH**

undulating, volcanic area. Good views from top of hills. Windmill just reconditioned for stock water. Dry stone fencing, good rainfall. \$30,000 ONO. Ph: Peter, 052-721-952.

KINGLAKE, lovely $\frac{1}{2}$ ac, partly cleared bush block close to town. Large shed with storage area and living compartment, open fire, toilet, shower. Adjoins a c/van with cooking facilities. Tank water, SEC, telecom. Suit owner-builder. \$43,000. Ph: 03-528-4171.

BENDIGO: SHOP with living premises on busy highway. Suit arts/crafts or similar. \$90,000. Ph: 054-430-196 BH, or 054-468-524 AH. Or write Ann for details: Ann Walker, PO Box 62, LONG GULLY, VIC 3550.

BULDAH, FAREAST GIPPSLAND, 19 organic ac in picturesque secluded valley, 450 m frontage to Cann River. Adjoins state forest, good fences, dams, machinery shed, 2 workshops, woodshed, stock shelter shed, chookhouse, hothouse, large vegie garden, f/trees, 5000 gal tank, 240V generator. Six yo 2 b/r Hardiplank home, 2 car c/port, wide verandah, s/c/wood heater, gas stove/fridge. As valued \$95,000. Ph: 051-587-250.

NORTH-EAST VICTORIA, peaceful 40 ac, quiet relaxed lifestyle, abundant water, excel soils. Cosy loft cottage sleeps 3-4 (needs completion). Snowcapped mtns, river gums, pelicans and ducks at back door. Will finance, payments around \$120 wkly, balance 5 yrs. Ph: Rob, 057-212-273.

GIPPSLAND, FORTY-THREE ACRES on Merrimans Crk rising through native fern gully with wildlife up to sandy acres with magnif view of valley. Huge steel shed with concrete water tank, spring-fed dam and adjoins natural bush, 2 hrs from Melbourne. \$90,000. Ph: 051-982-216.

MOYSTON, PUMA COUNTRY, (Grampians), 3 b/r w/b house + empty shop. Good shedding. Town water, SEC. Owners working interstate. For sale \$45,000. Ph: 053-524-446, 525-857, 060-403-826.

VIOLET TOWN, VICTORIA, 2 ac, lovely bush block, SEC & ph avail. Large livable shed on block. Close to town. Price \$25,000 ONO. Contact: Kris or Ken Douglas, 057-981-627.

FAR EAST GIPPSLAND, 377 ac of secluded valley amidst mtn state forest, 30 ac cleared river flat with perm spring stream. Rest semicleared bush with some r/forest. Pise house $\frac{3}{4}$ finished with $\frac{1}{2}$ to lock-up incl plumbing & wiring. Also cabin, ph, FEL tractor & plant incl, 50 km from Cann River, 3 hrs from Canberra. \$70,000 ONO. Ph: 051-575-674.

TERANG, 30 MINUTES WARRNAMBOOL, Great Ocean Rd, well maintained 2 b/r, sunroom, lge kitchen/dining, $\frac{1}{4}$ ac garden, f/trees, peaceful, nothing to spend. Pretty tree-lined town, all amenities. Melbourne trains via Geelong daily. \$45,000 or exchange land/shack mid north coast NSW. Ph: 055-922-361.

OTWAY RANGES - BEECH FOREST, centrally located to all this region has to offer

(r/forests, waterfalls, Great Ocean Rd) is one of the few Geodesic Dome homes in Australia. Situated on a secluded 1.5 ac (approx) of estab gardens and comprising 2 adjoining domes featuring 4 b/rs, (2 x mezzanine), spacious lounge/dining area, kitchen, bathroom and study area. Perfectly set up for family living with c/port, bungalow/studio and w/shop or for w/end retreat. \$125,000. Ph: 052-315-311, or 052-338-427 AH.

SECLUDED HILL BLOCK, 35 ac, just 10 mins from Seymour and 75 mins from Melbourne by rd or rail. Panoramic views, especially of the Tallarook Ranges - a haven for kangaroos. A vigorous, permaculture-inspired, re-afforestation programme over 5 years has created a young forest, complementing stands of large old trees. The best weather this close to Melbourne. Telecom & electricity connected underground, dam, house permit, agistment fences. This is a very attractive proposition for someone interested in environmental sustainability with like-minded people next door (Commonground Co-op). Price: \$75,000. Contact Ed McKinley or Anitra Nelson on 057-938-257.

MUDBRICK STEINER SCHOOL FOR SALE (due to relocation project), 4 classrooms and amenities engendering a sense of wellbeing through the use of colour, natural materials & Steiner inspired architecture. Easily convertible to appealing home, studio, craft factory in peaceful rural setting close to Steiner education, Mansfield, Lake Eildon, 1 hr from Mt Buller. \$87,500. Ph: 057-773-550.

EAST GIPPSLAND Snowy River, 1 ac bush block with power, ph and water avail. \$35,000. Ph: Neil, 051-541-761 AH.

SOUTH GIPPSLAND - KONGWAK, 15 mins to Inverloch, Wonthaggi or Korumburra. Private 2 b/r cottage on 6 ac surrounded by dairy farms. SEC & ph, concrete tank, septic. Open fireplace, Reyburn combustion plus elec HW. Garage, huge stable with loft. Dam, chookhouse. Views overlooking reservoir. 2000 native trees planted since 1986, 1000 as a woodlot which in time will pay for the property. Suit people seeking a self-suff lifestyle \$99,000. Ph: 074-428-929, 056-552-222.

WYE RIVER, towering gums, tree ferns, wildlife & rolling streams are all part of this unique 319 ac coastal allotment. Nestled adjacent to magnif Otway Ranges and only 17 km from Lorne. This unique chance to secure your own secluded retreat. All enquiries - Tony Reynolds, 052-321-011, or Allison Boyd, 03-562-4400.

TASMANIA

FOREST NEAR SMITHTON, 6.5 ac, 3 b/r lge garage/workshop, 7000 gal concrete tank, bore, hothouse, 1 ac herbs/fruit/flowers/shrubs, 3 ac pasture, 2 ac pasture & trees, all organic. Shops 100m. Make good emu farm. \$88,000 ONO. Ph: 004-583-208 evenings.

**Make Your Editor Smile -
Punctuate!**

GRASSIFIEDS

PROPERTY FOR SALE TASMANIA

TWO ORGANICALLY FARMED properties, Murray River frontage, zoned rural urban. Ample water, mild climate, 2 homes. Price negotiable. Ph: 003-546-313 AH.

SOUTH AUSTRALIA

WANT TO ESCAPE THE RAT RACE? Come to Mintabie Opal Fields, SA. Small friendly community, school, shops, medical clinic, & hotel. Three b/r home, septic toilet, lge kitchen and lounge. Above ground swimming pool, 8 KVA generator, town water & plenty of opal fossicking. \$12,000 full price. Please write to: Peter, PO Box 10 Mintabie, SA 5724.

WHALER'S WAY, VICTOR HARBOUR, building block approx 620 sq m with house pad already cut. Fully serviced, sea views overlooking bluff. Bargain at \$20,000. Contact: Chris, 08-326-1420 for further info.

RIVERLAND 6.46 ha irrigable horticultural property with comfortable residence, shedding, tractor and equipment, organic grower status approx 2 years ago. Income from 2.6 ha vine and apricot plantation offering versatility with scope for development. Details: Rooney's First National, Licensed Agents, MREI 3 Barwell Ave, BARMERA SA 5345 Ph: 085-882-056, or AH Brian Dominic, 018-839-157, or John Rapisarda, 085-883-311.

RENMARK, land (6 ha), house 6 yo, 2 b/r plus study/b/r 3, modern kitchen, wood heater, air cond, verandahs, r/w/tank. Future supply firewood and income from in-demand native quandongs. Creek, school bus close by. POA from: Boxholder, Box 360, RENMARK 5341.

RIVERLAND: 96 ha (237 ac) secluded 3 b/r home, self-suff with power (solar and generator). Home is set high overlooking the Mallee. The property boasts an impressive stand of native pines. Section 90 details avail by contacting Tom Rooney (agent) on 085-882-056, AH 830-303. Rooney's First National, Licensed Agents, MREI, 3 Barwell Ave, BARMERA, SA 5345.

BARMERA, impressively established 4 b/r residence on 1.16 ha in close proximity to township. This home is superbly equipped with quality accessories, slow combustion heating plus reverse cycle air conditioning. It offers 4 b/rs, spacious enclosed verandah, water tanks, assortment f/trees, lock-up garage, and much more! Priced by negotiation, low \$100,000 range. Details: John Rapisarda (agent) on, 085-882-056, or AH 085-883-311. Rooney's First National, Licensed Agents, MREI, 3 Barwell Ave, BARMERA, SA 5345. IMAGINE LOSING YOURSELF in your own 100 ha of natural mallee scrubland. Fully serviced with power, water, ph and fencing. Register your interest now. Rooney's licensed agents, BARMERA, 085-882-056, or AH Dianne, 085-883-162.

WESTERN AUSTRALIA

ELEVEN ACRES, 180 km SE of Perth WA, on 4 titles. Two dams, 1200 Red Globe grapes (500 rootstock), 200 olive trees, all trickle

PLACING AN AD? See page 68 for details

irrigated. Shed 11x10m, cement floor, power, 10x10m lean-to on shed. Tractor, dozer with blade/rippers, rotary hoe, mulcher, ripper, 5 trailers, 2000L fuel tank. Three b/r fibro/iron home, sc wood stove plus elec, wood heating and HW, septic system. General/PO & hardware stores 50 m, Darkan township 24km, school bus past door, all bitumen rds. Rainfall 900mm, river 500m, Lake Towermining 8km, open forest country/farmland, coast 130km. Very quiet trouble-free area, all hard work done. Price \$95,000 ONO. Ph: 098-629-012, or write: R Nicholson, PO Duranillin, WA 6393.

HARVEY, old s/u fibro home. Nearly new stumps, air conditioner, rain tank, gutters, bathroom. Needs paint, lge shed & carport, 1/4 ac. Extensive organic vegie garden, 25 producing fruit, nut, vines. Shire approved for 68m² additional auxiliary dwelling now or future development strata title for 2 new houses. Is corner block opposite open space, 120m to schools, hospital, trains, all amenities, 100km Perth, 45km Bunbury. \$72,000. Ph: Melva, 097-293-464.

COMMUNITIES

MALENY AREA, 3 b/r Queensland on 200 ac community. Solar & gas. Large orchard/garden. Lots more. \$105,000 neg for shares + house. Ph: 074-961-685 nights & weekends. CRYSTAL WATERS PERMACULTURE VILLAGE, one ac f/hold land & house avail on this growing rural Group Title development, 500 ac of forested & arable common land for sustainable uses. Contact: K Spencer, 24 Crystal Waters, MS 16, MALENY 4552. Ph: 074-944-725.

KOOKABURRA PARK ECO-VILLAGE, stage one sold out, second stage selling fast. F/hold title to your lot plus 360 ac owned in common. Underground services. Community hall and village lot, 20 ac agricultural area, 2.5 km to town, schools, shops. Newsletter avail. For more info ph: 071-531-303, or write to: Lot 3 Kookaburra Park, MS 368, GIN GIN 4671. MOORA MOORA - (Healesville). Shares are avail; houses for sale as well as opport to build on our 245 ha mtn top. We are 1 1/2 hrs from Melbourne & seek new members. Write to: Membership, PO Box 214, HEALESVILLE 3777.

FOR SALE, SHARE in co-op, 36 sq m dwelling, gas stove, generator, shredder, dam. Some cleared & planted, more forest. Maleny area. \$22,000. Frank Bardsley, PO Box 31, TIN CAN BAY 4580.

NORTHERN NSW, 1/2 hr sth of Murwillumbah with unbeatable views east, 5 ac share, along with about 20 other people, of 350 ac of forest & fresh air. Ten thousand gal tank for domestic use with garden water from lge dam. Ten yr old prof built house of stone & timber, 4 b/rs, 2 bathrooms, all timber kitchen, s/c/stove, lounge & sep living room with additional wood heater. Solar power 24/240V with recently bought, as-

new 2.2 KVA generator & 40 amp (max) battery charger. Many other features. Please ph or write for details. \$143,000 ONO. Write to: D Marsden, 'Lillifield', LILLIAN ROCK, via Kyogle, NSW 2474. Ph: 066-897-224.

NORTH WEST TASMANIA, Leven River, cosy cottage & 1/8 share 200 ac r/forest. Solar power, wood heater, s/c stove. One hr ULVERSTONE. \$42,000 ONO. Ph: 066-551-073. Also single 1/16 share avail. \$5500.

NORTHERN NSW, comfortable young house with extensive verandahs & bush/mountain/valley views on 2 ac, situated 35 mins nth of Lismore, all-weather rds, plenty water, workshop/garage, 12V/240V elec (mains elec avail). \$69,500. Ph: 066-895-035.

YAMMACOONA CO-OP, 587 ac bordered by Nymboida River, Wild Cattle Crk & state forest. Mostly forested, abundant wildlife, 30 mins Dorrigo. Share incl 2 c/vans with sealed room between, part built mud brick house with footings, slab & blocks to continue. Northerly aspect, fertile soil, garden shed, 2 x 1000 gal water tanks, strip footings for studio. \$25,000. Ph: 066-551-393.

SUNSHINE COAST, YANDINA, Qld, 9 ac share in 320 ac bushland multiple occupancy. Starlight Community Pty Ltd, est 1972. All share holders have company title. Adjoins state forest - upper catchment Maroochy River. Solid timber dwelling, solar power, gas stove & HWS, 5000 gal r/water, septic system, studio & shed. Well laid out permaculture systems incl: productive vegie & herb gardens, orchard, fowl & geese runs, efficient composting, dam & many habitat plantings. Two ac cultivated, surrounded by natural forest. Enjoy a tranquil atmosphere only 20 mins from Noosa/Maroochydore, 1 hr Brisbane. One owner 18 yrs. Chemical-free 25 yrs+. Info brochure avail. Price: \$110,000 ONO. Ph: Barbara Benham, 074-468-097. Or, PO Box 225, YANDINA, Qld 4561.

NEAR GLOUCESTER, a bush retreat, 1/8 share of 240 ac, with a very comfortable timber & mud cottage. Features a lge living area with sleeping loft. Very well set up with fuel stove, w/tanks sep bathroom with chip heater. Tenants in common arrangement. \$35,000. Ph: Lesley, 02-564-1769, or 018-472-977.

NSW NORTH COAST HINTERLAND, 1000 ac +, Taylors Arm area, water, r/forest, approx 10% cleared, tenants in common. Two (2) share parcels avail now at \$49,000 & \$79,000. Extremely reluctant sale. For further info ph: Terry or Annette on 066-286-388.

WISTOW - ADELAIDE HILLS. Company title 80 ac 10 shareholders. Sell one share approx 4 ac hexagon house foundations, f/trees, tanks, no elec. \$22,000. Write to: Irene Gower, 11 Emily Ave, CLAPHAM 5062.

DESERT SURVIVAL COMMUNITY has been established for the future. Full details cost \$5. For more info write: Aridzona Research, PO Box 930, BROOME 6725.

Please print your ad clearly
so we can do likewise.

GRASSIFIEDS

COMMUNITIES

NORTHERN NSW, beautiful Tweed Valley, Mebbin, 3500 ac, 30km SW of Murwillumbah. Views of Mt Warning bordering Mebbin State Forest. Unique opport. Property has been rezoned & is now selling sixty-six 1 ac f/hold lots, fully serviced (passive energy, grey water reticulation, telephone), set on 400 ac of community title land. Remainder of property provides business opportunities with a fully sustainable environmentally friendly rural community being estab. Blocks start at \$70,000. First stage now selling rapidly. Enquires ph: 066-797-070, or 07-848-4800.

BLACK HORSE CREEK, KYOGLE, 10 ac share with house, 1/2 of 960 ac, council approved MO, 2-3 b/r, steel-framed, insulated, aluminium kit home. Tiled bathroom, flyscreens, gas stove/fridge, solar power (12V & 240) & h/water, s/c/stove, generator, ph, CB, double c/port, greenhouse, 2 sheds, perm spring, 2 pumps, 5 tanks, fenced yard, estab gardens, f/trees, privacy, steep 2WD access. \$60,000 ONO. Ph: 066-322-503.

LILLIAN ROCK, NORTHERN NSW: Three houses for sale in one hamlet on 100 ha, 46 share, MO. Nimbin 20 mins, & 45 mins to Lismore, Kyogle or Murwillumbah. Established 20 yo community. Lots of old regrowth forest. Community facilities incl laundry, meeting house, tractor, dams, crk (seasonal flow), swimming holes & school bus. Close to Steiner, Barkers Vale & Nimbin Schools. Prices range between \$40,000 & \$70,000. Ph: Joanne/Alan, 066-897-464, Ross 066-897-494, Pauline 066-212-767.

MO SHARE NEAR THE CHANNON, 3 ac volcanic soil, sunny site, great views, permaculture gardens, plenty spring water, swimming hole. Two b/r, 100m² temporary home, solar & gas appliances, generators, ph. Community facilities incl tractor. No cats/dogs. Can rent first. \$28,000 to approved buyer. Ph: 066-886-119.

NORTH COAST, COFFS HARBOUR hinterland, NSW, part developed share in 420 ac beautiful forested land bordering onto state forest & flora reserve. Total of 5 shares MO. Private 5 ac housesite incl: 200 m crk frontage, levelled building site, big underground cellar, dam, w/tank, new tin shed. Communal assets incl: beautiful mud brick house with solar power, ph, guests' quarters, tractor with front end loader, slasher, pump, generator, chainsaw. Also for sale: 30' bus unit with extended timber room, verandah, solar power, w/tank, gas stove, fridge, etc. All covered under one roof. Very handy, ready to move in unit to go with the share. Must sell. Bargain price: without bus unit \$45,000, with bus unit \$50,000. Ph: 066-492-281.

BUSINESSES FOR SALE

NATURAL HEALTH CENTRE with 5 clinic rooms (existing practitioner rental would cover your rent) suit any natural health practitioner especially if you are interested in women and child health, allergies. Also sml workshop area. Beautiful old Queenslander, fully furnished/air

**DEADLINES: GR 110 - JUNE 30TH
GR 111 - AUGUST 25TH**

cond. Established clientele. Owner relocating. \$15,000 ONO. Amber Gaia Natural Health Centre. Ph: Anne Maree, 070-311-331 more details.

NURSERY - RETAIL, LEONGATHA. Thriving business in friendly, country town. Excellent turnover showing constant increase with potential for further expansion. Long lease, great lifestyle. Owner selling to pursue GR dream. \$45,000 plus SAV. Will train if necessary. Ph: 056-648-256 after 6pm.

ALICE SPRINGS, SWINGERS CAFE, centre of town, existing for 15 years, excel reputation, local clientele plus increasing tourist trade. Seats 50. Room to extend business hrs. Famous for its homemade vegetarian food. \$110,000. Call Andi, 089-529-291.

BALLINA, FAR NORTH COAST NSW, Wholesome Eatery: salads, burgers, juices etc, est 19 yrs. Present owners 9 yrs. Need a rest. Good local & tourist trade, 6 days a week. \$39,600 WIWO. Ph: 066-862-107.

WELDING BUSINESS, Mission Beach (1 1/2 hr sth of Cairns), estab Jan '89, have good and loyal customers, \$40,000 in tools/equipment. \$79,900+ SAV. Figures avail to genuine people. Also offering 800m² residential block with views of Dunk Island. \$41,000. All must sell. Ph/fax: 070-687-448 bus hrs.

THRIVING MASSAGE THERAPY centre in Bundaberg. Aromatherapy retailer, good returns, position good. Ph: 071-515-345, 071-577-191 AH.

ORCHID NURSERY with a difference. Set on 1 ha r/forest block near Mission Beach in far nth Qld. Grow rare palms and native trees from your own seed. Established 6 yrs. Approximately 1000 sq m under shade. For more info ph: 070-685-365. Or write to: Island Coast Orchids, PO Box 230, EL ARISH, Qld 4855.

HOME-BASED INDOOR MICRO-FARMING with a unique product. Simple and easy way of making an extra income. Equipment & training supplied. Investments from \$10,500. Ph: 075-938-744.

PROPERTY WANTED

THIRTY-FOUR YEAR OLD MALE community artist/environmentalist seeks share in property less than 4 hrs drive from Sydney. Prefer to share permaculture/organic site in beautiful quiet location with or without dwelling. PO Box 410, SPRINGWOOD NSW 2777.

PROPERTY WANTED, GR-minded couple need an opportunity. Have deposit plus enthusiasm, are honest and genuine. Will rent caretake or buy livable cottage plus sml acreage. Macksville/Coffs area. Ph: Col, 065-687-918, or 042-622-125.

WANTED, NSW SMALL ACREAGE Hunter to north/mid north coast, some services helpful. \$30,000 avail. Ph: 049-426-241.

FOR RENT

UPPER CENTRAL COAST, 2 hrs Sydney, sunny old house, 200 m to lakes, 2km to coast, quiet lifestyle, gentle, mature, n/s woman with young child looking for similar woman to share my house with. Rent \$90 pw. Ph: 043-993-323 AH.

BROADMINDED PERSON OR PERSONS still in touch with life's passions and dignities to rent 2 b/r cottage on acreage in SEQ hinterland. Rent negotiable to maintenance. All conveniences avail. 'For Rent' (GR 109), C/- PO Box 242, EUROBA 3666.

ARE YOU INTERESTED in starting a 'Findhorn'-type community? I am and have a cottage and van to rent with money going back into the community. About \$50 & \$25. Some bond please. I live on 130 ac 20 miles nth of Toowoomba. Tank & spring water, pwr & HW. Plenty of room for gardens. Psychic ability an advantage. Ph: 076-979-237.

TASMANIA'S SOUTH-WEST, 5 b/r house avail adjoining our new eco-tourism business. Magnificent area, good school & community facilities. Fertile land, heaps of space. Would prefer creative, community-minded family. Potential for involvement in business. \$85 week. Ph: Tim or Wendy, 002-882-293.

SMALL CABIN, REMOTE TASSIE, no power, long-term rent, 3 hrs per week help in organic gardens. Write to: B & B Schmitt, LORINNA Tas 7306.

PORTABLE SHOWER and/or toilet blocks. Ideal for sml events or home builders. All you need is pressurised water supply. Reasonable rent. Long or short term. Ring, Sale, 051-447-004.

FOR THREE YEAR LEASE, cutflower/nursery business incl 3 b/r house, \$175 p/week + stock. Main features: peaceful, plentiful wildlife, isolated, 1 1/2 hrs from Melbourne in Yarra Valley. Ph: 03-739-1155 bus hrs.

RUSTIC COTTAGE, 4WD only, 2 b/r & sep b/r study. Solar & gas. Rainforest, swimming holes, orchards, mtn views, sensible sensitive family preferred. Chillingham, 25 mins west Murwillumbah. \$100 neg. Ph: 066-803-486.

WANTED TO RENT

FRIENDLY ARTIST, 30 yo, seeking live-in studio/shed/bungalow space, in return for work and rent. Out of Melbourne, but will go anywhere for a great view. Ph: Andrew, 03-489-3204.

RETIRED RESPONSIBLE COUPLE require rural cottage to rent. North NSW-SE Qld. Fifteen yrs alternative lifestyle experience. No drinking, smoking, cats, dogs. Ph: 072-037-179.

LISMORE DISTRICT. Up to 2 ha of flood-free useable land, with access to crk. Long-term lease, and other subtropical areas considered. Details to: Boxholder, Box 360, RENMARK 5341.

MATURE COUPLE/CHILD require rental/caretaking position, tradesman professional handyman, well equipped, long term, NSW-Qld coastal/hinterland area. D Abbott, ph: 071-685-030.

GRASSIFIEDS

WANTED TO RENT

PRIVATE RURAL RETREAT in easy daily commuting distance from Cairns, at modest rental, required by employed, n/s, responsible, mature person with mostly well-behaved dog. From mid-June. Write: Box 7981, CAIRNS 4870. Or ph: Patricia, 070-511-416, or 070-519-123.

LADY, SPIRITUALLY MOTIVATED, age 40, own transport, earning small income through arts & crafts, seeking low rental on acreage, on high energy r/forest type environment, reasonable commuting distance to Brisbane. Will consider share/rent, board-in, or caretake, as well as helping out with farm chores etc. Please ph: 07-282-4401, or 07-356-4802.

BUS, THIRTY FOOT AND MOBILE HOME, empty, sound cond, gas or solar, to be relocated to Ballina. Rent to buy basis, up to \$4500. Rob Archer, C/- Post Office, BALLINA 2478.

COUNTRY LADY and family want property with dwelling to caretake/share/rent on sth coast or inland areas. Ph: 042-971-306.

WANTED

CARETAKER WANTED, preferably with own c/van or bus, for country property on Atherton Tablelands near Cairns, looking after pets and garden. Pleasant living, close to nature. Ph: 070-965-695 after 6 pm.

WANT TO BUY IVY GERANIUM cuttings all colours. PO Box 444, TOLGA 4882.

SOMEONE TO LIVE AS FAMILY plus c/van, rent-free, in exchange for 2 hrs help a day. Bush block, goats, donkeys, long term. Refs. Ph: 064-581-487.

WRITER SEEKS RETIREE, fit, active, n/s, n/d, own transport, to share lge modern home on acreage, sweeping views of western slopes Strathbogies, 15 km to train & shops. Good financial arrangements for right person seeking permanence. Ph after 8 pm, 057-903-327.

WANTED, GROWERS for home-based indoor micro farming. Investment of \$10,500 will give you a guaranteed extra income per month. Training and equipment supplied. For more details ring 075-938-744.

NATIVE PLANT MATERIALS. Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Large quantities preferred. Good prices plus freight paid. Contact: Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677.

MISCELLANEOUS

THE HOMEBUILT DYNAMO (construction plans). Brushless electric generator, 1000 watt DC at 740 RPM. A\$85 postpaid airmail from: Al Forbes, Box 3919-GR, AUCKLAND, New Zealand. Ph: 0011-649-818-8967 anytime. Philips Ferroxdure rotor magnets (3700 gauss) kit now avail cut to size and magnetised.

CHIP HEATERS. No elec needed for instant hot water, operates from town or tank water supply. Enq: Ray Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

THE WORLD'S BEST AUTOMATIC MOUSETRAP. No poison or bait needed, catch up to 20 mice each setting, rugged metal

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construction, simple to set by winding spring. Priced at \$45 + \$5 postage anywhere in Australia. RA Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

WIDDERSHINS CRYSTAL & GEMSTONE jewellery, trade only. Also beads & findings avail to all craftspeople. PO Box 213, MOONTA 5558. Ph/fax: 088-253-453.

HORSE DRAWN IMPLEMENTS, corn shellers, gristers, adzes, broad axes, lots hard to find old farm tools. Ph: 067-421-191. PO Box 195 GUNNEDAH. 96 Bloomfield St, GUNNEDAH 2380. Gunnedah Country Collectables.

NATURAL SKIN CARE: Soaps, creams, salves, using Australian botanicals. Handmade scented candles. Resellers welcome, SAE to Forest Edge, 242 Albert St, MARYBOROUGH 4650.

NATURE'S HEALING MOISTURISER. A unique Australian product. Keeps healthy skin healthy; ideal for flaky, cracked or weepy skin. 100 ml \$20 incl postage. Refund if dissatisfied. RMB 2000, EUROA, Vic 3666.

FEELING LOW? Take pure Amazon rainforest GUARANA to feel better. GUARANA increases stamina, reduces appetite, eases stress & tension, eases headache, migraine & period pain. 20x500mg capsules (pocket pack) \$14.40, 60x500mg capsules (30 days pack) \$28.80, 50g tub (pure powder, 30 days+) \$12.95, 12 pieces GoGum (chewing gum) \$2.60. Breeze 250ml drink \$3.50 (packs of 24 + freight).

LAPACHO another Amazon rainforest dietary supplement assists in CLEANSING THE BODY after illness. 60x500mg capsules (30 days pack) \$33.15. Free packet GoGum with orders of over \$12. P&P \$3. As a COFFEE replacement, loose pack GUARANA 50g for \$8.50, 100g for \$15, P&P \$3.00. 1 kilo \$127.50, P&P \$10. Send money order/cheque to: Better Health Products, PO Box 269, (Mallala Road), TWO WELLS SA, 5501. Ph: 085-202-377 (day or evening).

MILKING MACHINE, one cow electric milking machine & hand-operated separator. Both in good working order - \$500. Ph: Sheryldeen on 053-542-554, ARARAT.

BOULES, PETANQUE, FRENCH BOWLS, eight steel balls & two jacks in a wooden carry case. Play anywhere, a game for all ages & a superb gift. \$160 + postage. Contact: Tony Bernard, 30 Fairy Bower Rd, MANLY 2095. Ph: 02-976-2034.

SAFE, EFFECTIVE HEALTH CARE for those wishing to treat themselves, their family, their animals. We supply trusted remedies which have been used for generations. BACH FLOWER remedies \$6.50/\$9; homoeopathic TISSUE SALTS \$4/\$6 (\$2-\$2.50 postage per item - discounted according to order). Homoeopathic FIRST AID KITS \$40, additional remedies \$8 incl postage. For detailed catalogues send name/address + 2x45c stamps per product line. HERBAL OINTMENT kits

containing full instructions, organic herbs, base (sufficient 400g); 'Skin Healing' or 'Muscular/Arthritic', \$14 each. Joy del Castillo 'HILLHAVEN' C/- PO Box 65, EIDSVOLD 4627.

PURE ESSENTIAL OILS, order by mail! Beautiful range of aromatherapy quality oils. Use them to create special moods, in your home, your office, even your car!! Money-back guarantee. Write: Trusaire 6#, Box 107, FORESTVILLE 2087 for free mail order info. Ph: Cate, 02-452-3105.

COONON-GIBBER WOODHEATERS. Will burn for days w/out going out & heat large areas. \$375 freight-free to your door. No assembly required. For more info: Dave, 14 Sixth Ave, CHELTENHAM, SA 5014.

ANIMAL-FOOD FOREST \$5. Permaculture seed kit, hardy forage species: *Acacia saligna*; tagasaste, honey locust, albizia, carob & black sunflower. Plus FREE booklet! Choose either 'Successful Backyard Chooks' or 'Milking Goat Knowhow'. Forage system design incl. Send \$5 & SAE (long) to: Feralfolk, RMB 257, BEVERLEY 6304. WA.

INFORMATION & BOOKS (some free) on natural remedies, biblical spirituality & prophecies. The Final Cry Ministries, PO Box 946, MANJIMUP 6258. Please also enquire about our plans for a health retreat featuring hydrotherapy.

HOMOEOPATHICS, BACH FLOWER REMEDIES. Australian bush flower essences. Australia-wide delivery, write or ph for a free catalogue. The Natural Remedy Company, PO Box 1060, DEVONPORT, Tas 7310. Ph: 004-246-168.

AFRICAN, GENUINE, unique handmade artifacts, masks, carvings, woven clothing, jewellery etc. Wholesale/retail. Ph: Theodora, 043-252-073. PO Box 71, EGOSFORD 2250.

CONDOMS IN THE MAIL. Ansell lubricated condoms in plain envelope. 30 for \$15. Please print name, address & order clearly on plain piece of paper & send to: Tofro (Australia), 57 Sibbald Cres, PALMERSTON, Darwin 0830.

WANTED: 'GRASS ROOTS' 1-5 & 10, pay \$10 each. Ph: 071-631-703.

WATERBORES, drill your own waterbores with a quality hydra drill. Models up to 80 m depth capacity. Discount prices. Contact: Waterwise, 60 Spring St, LISMORE, NSW 2480. Ph: 066-215-829. Fax: 066-223-616.

HANDCRAFTS

MAIL ORDER CRAFT SUPPLIES, floral art, embroidery, quilting, bulk beads & findings, candlemaking, decoupage, quilling, rubber stamps & embossing, cards, paper doilies, patterns & general supplies. Agent for Ashford spinning & weaving equipment & parts. We specialise in helping people located in remote areas. Send \$3 for catalogue (refundable from first purchase) to: Floral Lace, 1A Butterworth Lane, TAREE 2430. Ph: 065-510-343.

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your ad meets our deadline**

GRASSIFIEDS

HANDCRAFTS

AAAAAAFRAGRANT CRAFT SUPPLIES direct from source – potpourris (botanical & gemstone), fragrances (inc similar to Chanel, Opium, etc), botanicals (roses, lavender, orris, etc), books, fragrant gifts, etc. We supply from beginner to chain store with great quality products at prices as low as \$14.40/kg (potpourri), \$26.40/kg (fragrances). Write for free mail order catalogue or visit our extensive, centrally located showroom/factory outlet ... Nature's Workshop, PO Box 53, NORTH COTE 3070. Ph: 03-482-2677, fax: 03-481-1393.

ESSENTIAL OILS, POTPOURRI & natural products – for all aromatherapy & fragrant craft work. We are the manufacturers & suppliers of raw materials for making massage oils, soaps, cosmetics & household products. Our extensive range includes: 100% pure & natural essential oils, absolutes, fragrances, vegetable oils, gums, waxes, extracts, potpourri, herbs, spices, pottery & containers. Buy from us direct, small or bulk sizes & save with our low prices. Write for FREE mail order catalogue to: Auroa, 39A Melverton Drive, HALLAM 3803. Ph: 03-796-4833, fax: 03-796-4966. Or visit our shop at 86 Burwood Rd, HAWTHORN 3122, ph: 03-818-2676.

CANDLE MAKING KIT, contains 3 kg wax, four dye disks, wicking, instruction leaflet & mould sufficient to make twelve 50mm x 100mm candles. Great gifts & wonderful hobby. \$28 includes postage. Send to: Elizabeth Candles, 1575 Portarlington Rd, DRYSDALE 3222.

ARE YOU ALLERGY/ECZEMA PRONE? Have super-sensitive skin? Or just prefer to use *genuinely* natural products on your skin? In a synthetic world, discover the REAL benefits of Tasmanian Leatherwood Honeycare – luxurious handmade organic skincare, Tasmania's FRESH alternative. Handmade with pride & care, using only Tasmanian Leatherwood beeswax, honey, bio-dynamic Australian oils, flower waters, pure Essential Oils etc. NO petrochemicals (sorbolene/mineral oil) synthetics, chemicals, colours, preservatives. Earthsafe-Affordable-Effective. Send SAE for catalogue to: Tasmania's Fragrant Earth (GR), 3/328 Murray St, HOBART 7000, Tas. Ph: 002-344-259.

CRAFT WORKSHOP VIDEOS: Learn at home at your own pace from your personal, highly qualified instructor. VHS titles include spinning, weaving, beadwork, basketry, applique, tatting, knitting, crochet, lacemaking, felting, fabric painting & more. For full catalogue send long SAE to: Quick Spin Wool, Dept GR, RMB 1215, Shelford Rd, MEREDITH 3333. Ph/fax: 052-868-224.

RITUAL BOX contains all necessary tools for spell for love, inspiration, prosperity, healing, protection or balance. Can be personalised by request. Send belonging/photo. Crafted to traditional recipes. \$38 incl postage. Spellcrafts, 6 Ibis Court, BARWON HEADS 3227.

BEADS! BEADS! BEADS! Unique selections of handmade glass, metal & wooden beads. Also findings, threads, & kits avail. Cost \$8 for samples, colour copy & info. Write to:

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Tsunami, PO Box 29, MARGARET RIVER 6285.

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MAKE YOUR OWN EARRINGS KIT, now only \$19.95 + \$4.95 postage. Everything you need to make 30 pairs of earrings, incl glass beads, attachments, pliers, etc, in a sturdy organiser box. Easy to follow instructions. Brochure avail or send cheque, money order or credit card details to: DL Quality Crafts, PO Box 418, MULLUMBIMBY 2482. Ph/Fax: 066-841-772.

NATURAL COLOURED WOOL TOPS, scoured & carded, quick & easy to spin, no waste! Variety of shades. \$25 per kg + postage. For stock list send SAE to: 'Shiloh Easy Spin Wool', PO Box 295, DRYSDALE, Vic 3222.

RUG MAKING SUPPLIES. For samples & price list of pure wool yarns & accessories, send an SAE. Jeaba Yarns, PO Box 81, STAWELL 3380. Ph: 053-582-254.

KNITTING STRAIGHT FROM THE FLEECE. The Nevedale knit technique developed by Elsie Whyatt, allows the craftsperson to knit from the fleece without the use of a spinning wheel, carder or skeiner. The technique can also be applied to other woolcraft skills such as weaving & crochet. Avail on video. Cost \$35 posted from: ER & EC Whyatt, 40 David Rd, WAGGRAKINE via GERALDTON 6520. Ph: 099-382-208.

FOOD AND KITCHEN

POLLEN, NO ADDITIVES, 450g sample pack \$9, 1.9kg pack \$32.50, 4.7kg pack \$65, 14kg drum \$175. Prices include p&p. JM Read, 8 River St, MURRAY BRIDGE 5253.

HOME STONE FLOUR MILLS – mill your own stoneground wholemeal flour for cakes & bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Assoc. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175, encl 3 postage stamps. Ph: 03-795-2725. Distributor enquiries welcome.

GARDEN AND ORCHARD

TOBACCO SEED. Organically grown (Virginian), cultivation & curing notes incl. Send \$5 to Lyn O'Brien, C/- PO, BARMAH 3639.

EARTHWORMS for soil improvement. \$15/1000. Includes care instructions & postage

Australia wide. Squeworms Worm Farm (GR), The Gorge, FINCH HATTON, 4756. Ph: 079-583-359.

EARTHWORMS, the 'speedy breeder compost worm' revolutionises your compost & transforms your garden. Just \$15 per 1000 worms. Price includes postage Aust wide & pamphlet on worm care. Wholesale prices \$30 per kg. Freight extra. Wormborough Farm, PO Box 794, TAREE 2430. Ph: 065-539-633.

COMPANION PLANTING CHART. Over 90 vegetables, herbs & fruits, including plants as insect repellants. Sow When Chart. Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to five copies). Plum Products (G) PO Box 120, BRUTHEN, 3885.

TREEGUARDS all shapes/sizes from under 10 cents each. Bamboo stakes & weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE. Ph/fax: 051-579-404.

GROW YOUR OWN TOBACCO. Kit contains seeds & info incl how to grow & cure. \$20. Peter Gray, 59 Hinchinbrook Rd, Burringbar 2483. Ph: 066-771-697.

TRADITIONAL SEEDS, Native WA seed for all amenity, rehabilitation & project planting. Send SAE for free lists. PO Box 715, BUSSELTON 6280. Ph: 097-541-919. Fax: 097-521-399.

EARTHWORMS, Landsborough Earthworms can supply any quantity anywhere. Specialising in waste management for home or industry. For further info contact us at 38 Maleny Rd, LANDBOROUGH 4550, phone & fax 074-941-512, mobile 015-588-579.

EARTHWORMS, IMPROVE your soil providing healthier plants, crops & FREE fertiliser. Contact us for FREE info on worms. We have the most comprehensive publication list avail on this subject. Worm World, PO Box 204 GR, ROLLINGSTONE 4816. Ph: 077-707-001.

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GOURD SEEDS, mixed ornamentals, mixed hardshells, mixed orn & hardshells, luffa sponge, calabash, snake bean, bottle medium, coloured corn \$4.50 pkt – minimum purchase \$9.00. Or 1 free \$4.50 pkt when you purchase 52 page *Gourd Growers Handbook* for \$16. Bulk pkts – 30 seeds \$10 ea. All prices incl postage. Send your order to: Gourd Father Quality Gourd Products, PO Box 298, GR, EAST MAITLAND, NSW 2323. Money Back guarantee!

RAINFOREST SEED COLLECTORS national link-up. Buy & sell local seed. Our newsletter has lots to offer. Local seed grows better & doesn't pollute your gene pool. Quarterly newsletter subs \$20, conc \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 066-552-233.

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COMPREHENSIVE CATALOGUE Australian native seeds. 1800 species. Price \$6 posted. Bliss Partnership, 28 O'Connell St, TAMWORTH 2340.

POTATO ONIONS, seed stock rare whites \$1 ea, brown \$1 ea, reds \$1 ea. Tree onion plants \$1 ea (all can be eaten). Post & handling \$3 per order or COD. Ph: 054-241-434. Lindsay Morris, Old Blackwood Rd, TRENTHAM, Vic 3458.

MANGO TREES \$10, 40 different commercial & exotic grafted varieties. Brooks, R2E2, Nam Dokmai, Keow Savoei (Thai green eating). Rail orders no problem. Ph: 077-778-773.

GOURMET GOLDEN SHALLOT OR POTATO ONIONS, multiply from seed bulblet, growing instructions provided. \$1 per bulb, post incl. Bev McDowell, Istana Farm, Jerangle Rd, BREDBO 2626.

EARTH WORMS, red worms for compost or bait \$15, per 1000, post paid. Instructions provided. Convert your kitchen scraps into compost the cheap no-fuss way. Bev McDowell, Istana Farm, Jerangle Rd, BREDBO 2626.

BOB MAGNUS' APPLE TREES. I am a specialist grower of antique & heritage apple trees & this year have some 100 varieties avail. Please send 3x45c stamps for my lists. Bob Magnus, WOODBRIDGE, Tas 7162.

ECHINACEA SEEDS. Easily grown valuable herbal immune system booster. Lovely flowers. Full instructions for cultivation & processing of extract. Save heaps. \$10 + SAE to: Herb, 28 Bayfield Rd, GALSTON, NSW 2159.

STRAWBERRY PLANTS, red gauntlet, organically grown. \$10 dozen, incl p&p. J Koch, PO Box 3201, MILDURA 3502.

HUNDREDS OF HARDY HERBS, perennials & shrubs avail by mail order. All plants \$2 ea, plus many cut-price collections. For current list, send 3x45c stamps to: Flowers, Leaves & Spines, RMB 2743, MARYBOROUGH 3465. Ph: 054-614-390.

COURSES

CORRESPONDENCE STUDIES. Diploma & certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin & Nutrition therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Pre-school Childcare (Nanny-Minder), Safety & Security Counselling, Personal Psychic Development, Traditional Wicca, Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166 bus hrs only.

MAKE FRIENDS WORLDWIDE - learn at home the international language ESPERANTO. Personal postal tuition from \$23, info free. John Moore, 7 Pelican St, EMU PARK, Qld 4702.

HERBAL MEDICINE. The School of Herbal Medicine, estab in Australia in 1985, offers a one year home-study course. For details, write to: PO Box 2310, TOOWOOMBA 4350.

HUNTER-NEWCASTLE PERMACULTURE. Courses at permaculture demonstration farm.

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Emphasis on practical use of permaculture tailored to individual situations. Property advisory services avail. Ph: June Andersen, 049-389-528, PO Box 22, PATERSON 2421. PERMACULTURE DESIGN COURSE, far south coast NSW, 11-25 Nov. This course is particularly relevant to people interested in practising permaculture in the south-east region of Australia. Specific to cool temperate systems, species & strategies. This course is unique in its practical involvement with many exel local permaculture examples to be visited. Both Andrew & Hugh have had many years of active, practical involvement in Permaculture Design teaching. The course size is limited intentionally to ensure rich dynamics & fulfillment of individual need. Tutors: Hugh Gravestine, Andrew Sheridan. Enquiries welcome: H Gravestine, C/- Wyndham PO 2550, NSW. Ph: 064-942-014.

DOWSING, a definitive home-study course in radiesthesia, dowsing & radionics for those with enquiring minds! Rediscover the lost art of using natural radiations ecologically. Over 200 pages of comprehensive notes covering health, environmental & agricultural applications of this ancient art. The Academy of Natural Therapies, 23 Taree St, BURLEIGH HEADS, Qld 4220. Ph: 075-934-650. Phone or write for a free brochure.

YOGA VEDANTA COURSE by correspondence, beginners' level for spiritually aware people. For details write to: Arya Bhakta School of Yoga, PO Box 283, WANNEROO 6065, WA. PERMACULTURE CORRESPONDENCE COURSES: Introductory, Design certificate, plus courses tailored to meet your interests/needs/time/mobility. \$15 (refunded upon enrolment) full details. 'Permaculture Visions', 280 Cordeaux Rd, MT KEMBLA 2526.

PERMACULTURE DESIGN COURSE, temperate region. Location: NE Victoria - Chiltern - on the property 'Willuna'. Dates: Fri 22 Sept-Sun 1 Oct. Tutors: Vries & Hugh Gravestine. Contact: with SAE, V Gravestine, RMB 1130, CHILTERN 3683.

DOWSING AND GEOMANCY residential weekend workshop held on permaculture farm nth NSW, with author Alanna Moore. \$135. Dowsing for Harmony, diploma correspondence course (in its 6th year). \$330 over 18 months. Details: A Moore, PO Box 1263, LISMORE 2480.

PRIMROSE PARK ART & CRAFT CENTRE WORKSHOPS, Apr-Aug. Incl: paper making, bookbinding, book repair, calligraphy, photography & more. Enquiries to: Primrose Paperworks Co-op Ltd C/- Juliette Rubensohn, 38 Victoria St, McMAHONS POINT 2060.

VACANCY EXISTS for residential bible school students for an interdenominational word of faith f/ship (founded since 1984). Write to: PO Box 1116, TAREE NSW, 2430 for prospectus. For enquiries welcome ph: 065-512-418.

LIVESTOCK

RARE OUTDOOR PIGS. Wessex Saddleback, weaners & breeding stock available. Contact E & H Clare, PO Box 546, CABOOLTURE 4510. Ph: 074-968-271.

ANGLO NUBIAN/SAANEN CROSS milking goat producing 4 litres a day and Anglo Nubian doe dry. \$50 each, willing to barter for craft items etc. BOGAN GATE. Ph: 068-641-126.

'PINEROCK' DAIRY GOATS. Quality animals at reasonable prices. Ph: 057-270-249.

LITTLE COMPANION PIGS, selectively bred for small farms. Health tested breeding stock & neutered pets for sale. Pygammanni Farm. Ph: 079-221-334.

SIXTEEN ANGORA GOATS with 1 buck. Banksia strain. Free to good home (urgently). Ph: 054-751-113. Near Maldon, Victoria.

HOLIDAYS

NATURAL HEALTH rejuvenation haven. Situated in a quiet rural bushland setting in the foothills of the Border Ranges of nth NSW. Featuring: healthy lifestyle education, nutritional instruction, food preparation, vegan dishes, raw juice cleanse & detoxification programme, colonic therapy, steam baths, ensuite bedrooms, comfortable accom. The Retreat, GREVILLIA 2474. Ph: 066-364-275.

HOMESTAY AT CRYSTAL WATERS Permaculture Village, guided tours of the first community designed according to the principles of permaculture. K Spencer, 24 Crystal Waters, MS16 MALENY 4552. Ph: 074-944-725.

LA MANCHA HEALTH CENTRE, Lismore. For help with obesity, stress, chronic fatigue, smoking etc or have a healthy holiday. From \$390 pw. For brochures ph: 066-295-138.

CHRISTMAS CREEK, LAMINGTON. Two b/r secluded cabin. Magnif views, r/forest, bushwalking, abundant birdlife, linen supplied. Ph: 075-448-166.

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SOUTH-WEST TASMANIA. Warm and comfortable, self-catered holiday accommodation available on the edge of amazing wilderness region. Contact Tim & Wendy at Tyenna Valley Lodge for bookings & more info. Ph: 002-882-293.

UNIQUE EGYPT TOUR, 15 day group escort avail at \$1100 each. Includes: hotel, transport to museum, pyramids, Valley of Kings, Abu Simble. Plus sailing & camping on Nile and much more. Ph: 066-321-973.

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GONDWANA CANOE HIRE WILDLIFE SURVEY. Barmah, wetlands of international importance (30km NE Echuca). Explore the largest natural river red gum forest in the world. Canoe along the shady creeks & around the tranquil waters of the lakes & wetlands, off the beaten track where wildlife abounds. More than 200 species of bird live here along with kangaroos, koalas, platypus & much more. There are many canoeing trails incl 1/2 day, 1 day, overnight or 3 to 4 days down the Murray River taking in crks & lakes along the way. A great adventure, 2 person Canadian canoes, life jackets, waterproof barrels, detailed maps, compass, fact sheets & bird ID book supplied. BYO camping gear. For more info ph: 058-693-347, or write to: Gondwana Canoe Hire, C/- PO BARMAH, VICTORIA 3639 for info kit.

SERVICES OFFERED

THE PRIMAL PLACE. The transpersonal perspective holds that there is an essential unity underlying the diversity of humanity & the material world. The transpersonal vision is one in which compassion, love & responsibility are experienced for all forms of consciousness, & a global ecological vision of all life. The transpersonal experience enables us to contact & integrate aspects of ourselves & discover whatever dormant ability & potential that is unique to you but have lost touch with. Rediscovering those lost aspects of ourselves that continually intrude & spoil our enjoyment, pleasure & success of our own lives can bring about a profound & deeply meaningful state of 'being'. A new sensory awareness. A new consciousness. There is another way to 'be'. Those repressed aspects of ourselves inordinately effect us all of our adult lives & are expressed in other ways; discontentment, depression, anxiety, fear, nervous habits, isolation, loneliness, obsessional work & projects, use of drugs, aggression, anger, sexual dysfunction, inability to assert oneself, inability to relax & feel real pleasure. And in our ships. They also show themselves in a multiplicity of chronic psychosomatic complaints. We can be in a constant search, always in the wrong place. The transpersonal dynamic experience enables us to find the realms of the human unconscious to the gateway of personal transformation. Sooner or later we each must face ourselves honestly. Who we are. Where we came from. To what are we travelling towards. The Primal Place, 44 Curnow St, GOLDEN SQUARE 3555. Ph: 054-413-683.

ASTROLOGICAL FERTILITY CHARTS. Find out your monthly period of maximum fertility. Three years personal calendar (lunar-phase cycle). For more info, Astrobe Charts Service, PO Box 1262, COFFS HARBOUR 2450. Ph: 066-534-676.

ASTRO-MAPPING. Order your personal Astro-mapping kit and find out the best geographical places for love, success, happiness & relocation. Send name, address, date, time & place of birth + \$50 to Astrobe, Box 1262, COFFS HARBOUR, to receive maps & info

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booklet. For more info call 066-534-676.

HOME PLANS. 90 plans for handcrafted homes of mud brick, rammed earth, stone & pole frame construction. Mail \$58 (postage incl) for *The Earth Builders Construction Detail & Plan Catalogue*, to: John Barton, Building Design, 31 Sharp Street, NEWTOWN, Geelong 3220, or ph: 052-224-249 for fixed quote to draw/document your home plan.

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CARETAKER HANDYPERSON, farm-cattle knowledge essential. Must be independent, no health problems or children. 110 acres. Own cottage, ph, elec & transport. Wages neg. Mid north coast. Ph: owner, anytime, 049-974-810. Near FORSTERS NSW.

PERFECT HOME BUSINESS! High income potential without inventory, selling or paperwork. FREE info: DM Walsh (Dept G), Box 219, NUNAWADING, Vic 3131.

ALOE ACRES has an opportunistic permanent position for a single, mature, live-in, female for diversified nursery duties. Offers full room & board, \$100 per week & 50% of future sales of aloes, leaves & seeds. Ph: Fred, 075-463-562, or write: Box 44, JIMBOOMBA, Q, 4280.

WANTED: IDEAS, INFORMATION, answers, questions, for/against. Own your own home in 15 years or less, without loans or borrowing money. How is it possible for a group of investors to form a company for the sole purpose of purchasing and renting homes? End of the above each person will be given sole ownership plus more/less money to the value of their equal partner's home. K Brown (GR 109), PO Box 242, EUROA 3666.

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FREE MONEY-MAKING formulas, send 8x45c stamps (covers p&h) to: C Hulin, Dept F6, Young Rd, GRENFELL 2810.

GARAGE SALES. You can make big money with this & many other home-based business concepts. Simple, yet effective methods that can help secure your financial independence. For free details send SAE to: PO Box 110, CROYDON 3136.

FREE ACCOMMODATION on beautiful 160 ac property W of Bundaberg, in SE Qld, in exchange for gardening etc, about 8 hrs per week. Share property with vegetarian couple. Prefer single person or parent & child. Wayne & Milu, PO Box 235, GIN GIN 4671. Ph: 071-572-736.

LARGE CARAVAN ACCOMMODATION, share house, peaceful Hunter Valley bush block, in exchange for assistance or small rent, vegetarian n/s preferred. Visitors welcome. Ph: 049-382-036.

OFFER OF FREE ACCOMMODATION for genuine & sincere person or couple, to help with new project. Must like bush country & have some building & welding experience.

Enq: 067-345-242, DEEPWATER NSW.
LIVE & WORK ON A CERTIFIED ORGANIC farm. We are looking for a person to live (full-time) & work (part time) on our organic farm in the Sunshine Coast Hinterland (SE Qld). Sex & age are open. Self-contained accom for 1 (or perhaps 2) person/s in exchange for helping on the farm. Additional part-time paid work avail. Ideal for a person studying by correspondence (on Austudy allowance), or could suit pensioner. Sex & age are open, however it is important that you have a passion for (& possibly some experience in) organic gardening or farming & that you believe in the superior value of organic food. This is a long-term opport, so please don't apply if you intend to stay only for a few months. Please ring 074-467-638 (evenings). A UNIQUE OPPORTUNITY to someone with legal knowledge to develop a proposed prospectus of a public company which would pass the standards of Australian Security Commission. Part of the idea of the company is to offer the average household (value \$100,000) the chance to live in the house they are renting, which they choose to buy without the added interest in loans. But they can only own if they buy up the number of shares (fixed price). The total cost of the shares = the original cost when first purchased by the company. K Brown, (GR 109), C/- Box 242, EUROA 3666.

BRISBANE (QLD) AREA, limited opportunity, earning & learning, for person interested in Hydrotherapy. Some potential for future. Contact (including phone): 'LRC' (GR 109), C/- PO Box 242, EUROA 3666.

CLUBS

AUSTRALIAN HERB SOCIETY. Members receive quarterly magazine, seed from seed bank free, access to tape lending library, write: the Secretary, PO Box 110, MAPLETON 4560.
NATIONAL ALLERGY ASSOCIATION of Australia (NAAA). Information, counselling, newsletter. For info & membership write to: PO Box 280, PARRAMATTA 2124.

AFFILIATED DONKEY SOCIETIES of Australia. For info on membership, magazines & help avail write to: Mrs Pam Newton, PO Box 63, Hurstbridge, 3099, and you will be contacted by the representative in your state.
PENFRIEND CLUB. International club for all ages anywhere. For more info send SAE to: PO Box 3, ROZELLE 2039.

PENFRIENDS ALL AGES, Australia & worldwide. Free membership. For details send SAE or \$5 for magazine to: Penlink, PO Box 303, BUSSELTON 6280.

CALENDAR EVENTS

LOOMCRAFT '95. Sept 24-29, 16 workshops covering a wide range of textile related topics. Hurlstone Agricultural High School, Roy Watts Rd, Glenfield 2167. Apply to: Hand Weavers & Spinners Guild of NSW Inc, PO Box 653, BURWOOD 2134.

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CALENDAR EVENTS

BERRY & NOWRA Spinners & Weavers Inc., Exhibition & Sale, June 10 & 11, Berry School of Arts. Free admission. Enquiries to: Julia Whitehead 044-642-055.

VACCINATION IN THE BALANCE, conference at Sydney University, Oct 27-29. Enquiries to: Aust Council for Immunisation Information, PO Box 900, KATOOMBA 2780. **LEARN GRAFTING** and be part of a network of caring people preserving heritage varieties of fruit trees. July/August. Enquiries: Sale-Bairnsdale area, Neil 051-455-457; Melbourne, John 03-499-4232, Helen 03-583-8483; Bega, John 064-927-306; Mittagong, Ralph 048-712-467.

PUBLICATIONS

'AUSTRALIAN TOBACCO'. How to grow, cure, treat & cut your own. A well researched book by John Van der Linden. Send \$12 (postage included) to Lyn O'Brien, C/- PO, BARMAN 3639.

'AUSTRALASIAN HEALTH & HEALING'. Journal of alternative medicine. Australia's major health care quarterly, emphasising self-healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, \$4.95 ea, & by subscription, \$23.40 or \$29.90 with *Health & Healing Newsletter* per 4 issues (1 yr). Write: Australasian Health & Healing, 29 Terrace St, KINGSLIFF 2487.

'NEXUS NEW TIMES' magazine is an independent publication bringing you the essential facts behind today's news. We describe new ways of living which improve your mental & physical health & enable you to thrive in the late 20th century. Take part in positive change - subscribe now! \$25 pa. Nexus New Times, C/- PO, MAPLETON 4560.

'NIMBIN NEWS' is a co-operatively run access magazine with articles & info from Nimbin & other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bio-region is at the forefront in the development of sustainable systems. As networkers we scan many magazines for suitable & scarce info for our readers. Subscription: 12 editions for \$25. Sample copy \$2.50. PO Box 209, NIMBIN 2480.

'THE OWNER BUILDER' MAGAZINE. Want to be a successful owner builder? *The Owner Builder* magazine has plans, money saving ideas, advice & articles on successful owner builders. *The Owner Builder* magazine is available from newsagents or by subscription. \$24 for 6 issues. For more info write PO Box 974, BENDIGO 3550.

'THE PERMACULTURE EDGE' magazine for current info on applied permaculture worldwide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

'THE SEED SAVERS' HANDBOOK' by

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Michel & Jude Fanton, selling like hotcakes. Don't miss out, order today. \$23 postpaid. Box 975, BYRON BAY 2481.

ANIMAL BOOKS - 'YOUR DONKEY', *Cats' Company* & many more by post. Lists from: Broomtail Publications, 171 Eaglehawk Rd (PO Box 62), LONG GULLY 3550.

BOOKS. NEW & OLD. Australian, lifestyle, Pacific, biography, horticulture, gardening, outdoors. Lists avail. BA & JM Wallace, Box 325, PORTLAND 3305.

'CYBLISIS - THE LEGEND OF TIME' A fantastic inspirational poetic love story drama that not only will inspire your own life but will uplift your hearts. You will understand the reality of true love and comprehend its meaning through pure delight as the dance unfolds the celestial magic of love. For your copy of *Cyblisis* please send \$14 plus \$3.50 p&p (NZ \$5.50) to Lauyan's International Enterprise, PO Box 696, BAULKHAM HILLS NSW 2153. Ph: 02-894-9003.

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'NEW ORGANIC RESOURCE GUIDE' - Everything you need to know about everyone in the organic industry. A must for those with the first one. Order NORG & get a free copy of the first resource guide. \$6 posted. **'SEED PRODUCTION FOR THE HOME VEGETABLE GARDEN'**: A Barry: Our best seller, great for the new gardeners who want to save seeds but are not sure how. \$4 posted. From The Henry Doubleday Research Association. Cheques or money orders made out to HDRA. Post to: Mr Dick McNeill, 816 Comleroy Rd, KURAJONG 2758.

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BOOKS, OLD & NEW. Send for general list. R Suters, PO Box 127, FIGTREE 2525.

EARTH MYSTERIES, aliens, UFOs, conspiracies, religions & cults, simulacra,

anomalies of all kinds, monsters, strange animals & artifacts. *Fortean Times* is the journal of strange phenomena. Subscriptions: \$33 pa, or send \$5.50 (cheque, cash or postal order) to: Fortean Times, 3-13 Tarooki St, BELLARA, Qld 4507 for a sample copy.

'LIFE FORCE NEWS', meditation, reincarnation, yoga, health, vegetarian recipes. Subscription details: Ph: 02-363-2753. PO Box 765, DOUBLEDAY NSW 2028.

NEW AGE BOOKS and audio tapes by mail from Broomtail Publications, 171 Eaglehawk Rd (PO Box 62), LONG GULLY 3550. Ph/fax: 054-430-196.

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'AUSTRALIAN HERB INDUSTRY RESOURCE GUIDE' - second edition now available. Comprehensive listing of herbal sources & resources. \$18 + \$2 p&p from: Focus on Herbs Consultancy, PO Box 203, LAUNCESTON, Tas. 7250. Ph: 003-301-493.

'GRASS ROOTS' magazines for sale: Issues 8,9,13,14,15,20 to 98, plus Family, Fireside Bumper, Vegie & Earth Builder. \$250 + p&p. *Earth Garden* magazines for sale: Issues 12 to 20, 24,29 to 85, plus Companion, Access 1,2,3. *Energy Works*. \$180 + p&p. *Owner Builder* magazines for sale: Issues 1 to 42. \$130 + p&p. *Soft Technology* magazines for sale: Issues 8,11 to 45, + build your own green tech. \$110 + p&p. ***All mags are in mint condition*** Plus there are another 50 lifestyle hard cover books for sale, ring for list, 064-938-346 (BEGA) in the evenings.

HOMESCHOOLERS, creative teachers/parents/carers. *Out Of Chaos*, a manual on Social Studies for Class 5 & 6 by Alan Whitehead based on Steiner imaginative-spirit principles. Send \$10 to: Golden Beetle Books, Box 481, MULLUMBIMBY 2482, or write for titles list.

'REVERSING DISEASE WITH FORK & KNIFE'. Revolutionary lifestyle guidelines for living longer & better by Dr Hans Diehl. How to eat more, weigh less, reverse high blood pressure, cholesterol & heart disease - naturally! Video \$22; *To Your Health* book \$15. From: Better Lifestyle Resources, La Mancha, Lindendale Rd, LISMORE NSW 2480. Ph: 066-295-222.

'DIVINING EARTH SPIRIT' - new book on geomancy in Australia. \$18 posted. *Dowsing & Healing* new edition. Harness your intuition! \$20 posted from author: A Moore, PO Box 1263, LISMORE 2480.

'PANTHOLOGY'. A digest of paganism, shamanism, magic, wicca & sacred ecology from around the world. It is a 16 page broad spectrum magazine with something for everyone from the new seeker of the Old Faith to the familiar territories of the devoted thinker. Subscriptions, \$10 per 4 issues, to: PANTHOLOGY, PO Box 1350, WODEN, ACT 2606. Incl SAE for sep queries.

GRASSIFIEDS

CONTACTS

PLACING A CONTACT AD?

If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your ad.

NEW SOUTH WALES

MALE, THIRTY-FOUR, Taurus/Aquarius, intelligent, creative, slim, fit, tall, fair. Enjoy quality country life, music, art, travel, r/forest, beach, wilderness, also Amsterdam, London, Newtown, West End. Humour & spirituality, no God or religion. No ties or kids. I seek a similar female friend, 20-30. All letters answered. L Darwin, Black Horse Creek, Whites Rd, Eden Ck, KYOGLE 2474.

SINGLE FATHER seeks single woman/mother to distance educate my 2 children, Rebecca 8 & Tom 6. Separate accom provided in homestead on owned 100 ac with river frontage in nth NSW (Tenterfield). I have part-time employment in town (15 km) and orchards invested on the property. Musician welcomed, 8 track studio on premises. Ph: Tony, 067-345-312.

SINGLE MAN, 38 yrs, 172cm, seeking friendship, companionship, love. Gentle, easy-going, mostly nonsmoking, usually vegetarian, occasionally drinking. Interests incl self-suff, permaculture, practical alternatives, reading, gardening, conservation and conversation. I'm looking for a lady with similar interests. Age & appearance less important than a willingness to share & discover joys of life in a beautiful bushland setting & to make a rich & fulfilling r/ship. If seriously interested or casually curious, all letters answered. Ken, 'Currawinya', via TABULAM, NSW 2469.

REASONABLY HAPPY, COMFORTABLE, 45 years (young) male Scorpion cusp of Austrian descent, is seeking his soul mate for stimulating, permr/ship & mutual appreciation. Please call: 075-366-856 for a friendly chat. I'M MELODINA DOGUILLES, 25 yrs, Filipina, single, 5', brown skin. I'm only stay for 6 months holidays. I would like to meet honest loving man from age 30 to 45. I love dancing, volleyball, cooking. You can call me on 068-962-284.

FEMALE, ARIES, 50. Finally moving to my 5 acon MO nth NSW. Want emotional & physical sharing from n/s male, 50-65. Planning to build & plant using permaculture concepts. I value in myself & am looking for: high self-esteem, communication & listening skills, spiritual depth, compassion, honesty, humour, love of music, simplicity, passion & joy. Reply: Penny (GR 109), C/- PO Box 242, EUROA 3666.

FILIPINA, GENTLE HOME-MINDED 24 yo, 5'4", wishes gentleman for correspondence, friendship, view marriage. Reply to: Linette (GR 109), PO Box 242, EUROA 3666.

NEW LIFESTYLE, Taurus gent aged 54 yrs,

**DEADLINES: GR 110 - JUNE 30TH
GR 111 - AUGUST 25TH**

divorced, wishes to meet a caring lovable lady aged 25-40 yrs who would be interested in a self-supporting GR carefree lifestyle on a sml farm with view of lasting r/ship. JR (GR 109), C/- PO Box 242, EUROA 3666.

FEMALE OF THE SPECIES, young 58 with old-fashioned values, seeks gentle man to share quiet life. Probably would help if he likes some of the following: animals, especially dogs, gardening, country life, classical, jazz & country music, social golf & tennis, swimming, bushwalking, & has a deep appreciation of the natural environment. He can share my comfortable country cottage in a picturesque village in the middle of nowhere but I am willing to relocate if necessary. Write: JM (GR 109), C/- PO Box 242, EUROA 3666.

PEACEFUL, INTELLIGENT, ATTRACTIVE redhead, 48, seeks male (45-55 ONO) share leisure, dreams, lifestyle. Helen, (GR 109), C/- PO Box 242, EUROA.

DO YOU BELIEVE in a world population crisis, greenhouse effect; that natural & manmade disasters will increase, that society is decaying? Ever wanted to get away from it all, wished you had a loft wall & a moat around your place? Are you environmentally aware, do you like plants, animals, could you enjoy a house filled with pets? Are you into 'self-preservation' & a perhaps somewhat reclusive lifestyle but wanting to retain creature comforts? If you're not into clubs, raging, n/s, n/d, no kids to look after, not a religious fanatic, intelligent, not into raising animals for food, then perhaps you may be the right guy for this shy, mid 30s female. Letters with postal address answered write to: 'Advertiser' (GR 109), C/- PO Box 242, EUROA 3666.

LEO MALE 43, NURSE, 11½ stone, 5'8", good looks, n/s, n/d, semi-veg, yoga, guitar, banjo, early walks, beach, massage. New cottage near Ulladulla. No debts/kids. Seek lady 22-40, plump Rubenesque figure, n/s/d, loving nature please. Not afraid of full lasting happiness. One child OK, but no pets. Photo appreciated, will reply all letters. Come on girls, don't be shy. Shane (GR 109), C/- PO Box 242, EUROA 3666.

AUSTRALIA - NEW ZEALAND. Seeking a lover, friend, penfriend, adult contact? It's a gamble, but you can put the odds in your favour with 'The Co-operative Agencies'. The varied services of 'The Co-op' are pooled to give you a better chance of success. For free listing & service info send LONG SAE to: Cheryl, 'Morticia's Manse', 42 Hinkler Pde, MAROOCHYDORE 4558 Qld, Australia. We are particularly keen to hear from people in New Zealand & all states of Australia.

QUEENSLAND

MARRIED COUPLE, both 42, medium build, good looking, n/s, seeking friendship with other couples. Husband is electronics/mechanical engineer, active in alternative energy field. Wife loves country living, home life, gardening,

massages, positive attitudes, etc. We like good manners, dancing, we have two very well behaved young children & expect the same. We live in the Glasshouse Mountain area. Please reply: P&C, C/- PO Box 242, EUROA 3666. **VEGETARIAN MALE 46, 5'8", 12 stone,** honest, caring, gentle, seeks younger n/s, vegetarian gentle lady who is of spiritual nature & still believes everything is possible, view permr/ship. I am professional single man, who enjoys most of living activities & believes in 'perfect love & perfect trust' & living in sunny Qld. Special interests outside of engineering design work, natural healing & spiritual growth. Kids OK, no ties. Replies sent: Adam (GR 109), C/- PO Box 242, EUROA 3666.

SINGLE TWENTY-FIVE YEAR OLD man, n/s, occasional drinker, lives in nth Qld, would like to meet single lady, 18 to 30 (child OK), who is interested in the outdoors, travel & combining the GR lifestyle with the comforts of modern living. Can travel. RJ (GR 109), C/- PO Box 242, EUROA 3666.

FEMALE, WIDOW, 75, 5'2½", weighs 8 st 12 lbs. Fair, brown hair, very active, kind & thoughtful, likes home & country life & animals, garden, sewing, country & western music, writing letters, would like to hear from a country loving man, aged 75 or over, living in NSW or Qld. All letters will be answered. Reply: Lonely (GR 109), C/- PO Box 242, EUROA 3666.

OUTBACK LADY seeking f/ship, r/ship with another lady (20 to 35 yrs). Some of my interests are gardening, fishing, cars & bikes, music, poetry & art. My dream is to live on the land; if that's yours too! Contact Lisa. Please send photo with reply. Lisa (GR 109), C/- PO Box 242 EUROA 3666.

BRUCE, SINGLE, NO TIES, 31yo, 5'7", steady job, n/s, n/d, believer but no churchgoer, into natural health, Tai Chi, camping, loves dancing, quiet country life, animals, good with children, seeks lady same age group, sincere, kind, sensitive, as I am. Bruce (GR 109), C/- PO Box 242, EUROA 3666.

MAN SEEKS WOMAN, 30s to share life with good husband, father type on modern bush property, close to small town in nth Qld away from rat race. Write to: BB (GR 109), C/- PO Box 242, EUROA 3666.

SINGLE, SLIM, ATTRACTIVE, Aust male, 36, healthy body & mind, living in bush setting in nth Qld, loves animals & music. Would like to make contact with interested females for friendship & perm r/ship. Photo if possible. Please write: Aust Male (GR 109), C/- PO Box 242, EUROA 3666.

WILLINGLY WANTING WHITE WITCH with wicca wisdom! Young 29 yo garden gnome, 5'1". Highly interested in homeopathic biodynamic agriculture, animal care, astral projection, deva awareness. Seeks genuine lady with that special lifestyle, for like-minded companionship. Living with frogs & fireflies in Kuranda. Wanted (GR 109), C/- PO Box 242, EUROA 3666.

BORN AGAIN CHRISTIAN man, 33, desires born again Christian lady (must be natural), about 25, view friendship/marriage. Write to: The Boxholder, PO Box 1286, MILTON 4064.

GRASSIFIEDS

CONTACTS QUEENSLAND

MALE, 6ft, heavy build, 48, divorced, no family, fantastic sense of humour, s/d, broadminded, very down-to-earth. Own business, rural background, love nature, bush, horses, non-religious, easy-going, seeking younger, effervescent, s/d, country-minded, outgoing lady, small child OK, prefer Qld resident. I need a 'good' woman in my life. So, if you're a bit outrageous, need a true friend or best mate, maybe we need each other. I'm second-hand, but in good hands I come up like new. Write with photos: Box 865, AIRLIE BEACH 4802. Ph: 079-466-110 nights.

VICTORIA

ARTHUR, 38, independent, interests incl: cooking, family life, gardening, herbs, music. Tie the knot, officially. 11 Hyacinth Grove, BALLARAT 3355.

CARING VIRGOAN Christian male, young 52 who is not into mortgages, rates etc. Social drinker, smoker at present. My interests are movies, beach & bush walks, dining, good wine, travel, Sunday markets, reading. I have own car, plus 30' motor home. I like down-to-earth, hassle-free living. Seeking Taurus or Pisces lady, 40-50, who is sincere, caring, loving, romantic, emotionally stable, with no ties, for permanent r/ship, who is looking for same. Genuine reply with photo and phone no please. To: Virgan, C/- PO ALFREDTON 3350.

JUST TURNED 40 - feels 20, gay guy. Have own home & a few acres on the banks of the Murray River. Interested in all things. I keep all sorts of poultry & animals & have a veggie garden & orchard. I don't smoke & seldom drink. Would like to meet young guy to 25 who would like to share my life & would like me to share his. Should have a genuine interest in self-suff, be honest & down-to-earth. Rob, (GR 109), C/- PO Box 242, EUROA 3666.

SINGLE MUM - 32 yrs, n/s, 1/d, 2 children, lives Monaro area near Vic, seeking family man 32-40 yrs, who enjoys horse riding, outdoors (BBQs, picnics, etc), dancing, quiet nights & a night out. Photo appreciated. Write: Nicki (GR 109), C/- PO Box 242, EUROA 3666.

MAN, FIFTY-FIVE, seeks lady with similar interests: all forms of writing, composing melodies (guitar/singing), appreciation of creative arts, gardening, nature, pets, birds, animals, travel, books, films, metaphysics. Prefer small, petite, interesting lady with no ties, 30s-50s. Further details: Melodies (GR 109), C/- PO Box 242, EUROA 3666.

GYPSY LADY, late 50s, n/s. Loves the bush, animals, gardening, reading. I am gentle, caring & loving & am seeking a sensitive, honest man 60-70 living alternative lifestyle in the country to be my soul mate. Please write to: MA (GR 109), C/- PO Box 242, EUROA 3666.

LADY? 60s, s/d, n/s, active, many & varied interests. Seeks gentleman to correspond & perhaps form a r/ship. Gippsland area. ALA. Replies to: Lady (GR 109), PO Box 242, EUROA 3666.

NEWZEALAND-AUSTRALIA. Seeking adult contact with like-minded people, a lover,

PLACING AN AD? See page 68 for details

penfriend? 'The Co-operative Agencies', 'The Matchmakers' Mag' could be your do-it-yourself kit to success. Send 6x45c stamps postage & handling to: Lawrie, 'The Matchmakers Mag', 62 Caloundra Rd, LITTLE MOUNTAIN 4551, Qld, Australia for your free copy.

MELBOURNE MALE

*My space is not crowded
there is no one else to make demands
no ghosts from days past
only me waiting for you.
If no one waits for you but me
come into my space
so we can explore together.*

I'm a divorced Australian-born Anglo Saxon, 52 yo (feel 38), 5'10", 11 stone, n/s, s/d, committed to a healthy lifestyle (without being fanatical), caring, thoughtful, with a good but inconspicuous sense of humour. I like the simple things in life: relaxing music, massage, open fires, bushwalking, camping, quiet beaches. I am employed in Melbourne & have plans for a mud brick house on 3/4 ac in the Dandenongs. My dream is to share the rest of my life (the laughter, the sadness, the cooking, the washing up) with a lady who is a like soul, not materialistic, is probably 38+ & could be from anywhere in the world. If you think I could be a part of your dream, please write to: HG (GR 109), C/- PO Box 242, EUROA 3666.

WESTERN AUSTRALIA

WHAT HAPPENED to the men who like Rubens/Renoir women? I'm proud of my womanly curvy figure, with broad hips & generous nature. Intelligent, articulate with humour, I challenge you real men to write to a real woman, 40s. Your age, size unimportant. Box Owner, PO Box 396, MARGARET RIVER 6285, WA.

BUSH LOVER FROM THE KIMBERLEYS, active 49 yo n/s, n/d, self-employed bushwalker, beekeeper builder, active conservationist. Own home. I'm searching for my soul partner, a lady with open mind to share our dreams, our lives, kids OK. I'm prepared to work hard to achieve our goals & to have as much fun as possible in between. If you would like to become my friend write: PO Box 294, BROOME 6725. Ph: 091-921-371.

WOMAN, YOUTHFUL FIFTY, avid interest in rural living, nature, bush, remote beaches, gardening, crafts, travel, camping, 4WD, market places, dining out, metaphysics, alternative healing, personal growth. Dislike city living, insincerity & game playing. Am seeking long-term committed, caring & sharing r/ship with similar minded woman who is warm, affectionate, unafraid of her own & others' expressions of emotion, is honest with self & others, can be sensuous, adventurous & have sense of humour. Lyn (GR 109), C/- PO Box 242, EUROA 3666.

SOUTH AUSTRALIA

LADY, 45 ADELAIDE HILLS. Interests incl: gardening, permaculture, reading, music, concerts, bushwalking, camping. Seeks down-to-earth, easy-going, reliable gent. Contact: CJ (GR 109), C/- PO Box 242, EUROA 3666.

HIPPY BIKER, 33 yrs, loves the outdoors & being free. I lead an active life & like to keep fit. I believe in God & what's written, but I am not a churchgoer. My looks are quite OK. I try to keep my life basic & simple. I can do without TV, suburbia, credit cards, computers, technology, bank loans, sport, etc. I like clean air, open spaces, decent m/cycles, good music, honesty, good company, a good laugh, an occasional drink/smoke. The woman I'm searching for I believe could only be one in a million, for she would realise it's time to get off the system's 'merry-go-round' & get away from all the poisons, chemicals, pollutants, toxins & rubbish supplied to us by supermarkets & govt know-alls. To know there's a better way. Out of this planned & controlled throw-away society that Big Brother has designed for us. An earthy woman of good character, with good humour, healthy in mind, body/soul, who enjoys a good time. Not a slave to a bank or master and likes to travel. Not afraid of dirtying her hands & a bit of hard work, to help find & make a healthy self-suff place to settle, preferably in some high country. If this woman could be pleasing to the eye, that would be a bonus. A photo appreciated, please no dizzy bimbos or couch potatoes. For more info write to: A Better Way, C/- PO Box 434, WAIKERIE 5330, SA.

NORTHERN TERRITORY

MALE, VERY FIT, active, 52, n/s, s/d, seeks loving lady in her 30s to 40s to enjoy my friendship/companionship. I am very loving, caring, no ties, living near Darwin, rural lifestyle, own property, with lagoon, palms, native timber, wildlife, unspoilt peace & tranquillity, 1 hour from city. All letters answered.: GL, PO Box 41209, CASUARINA 0811.

NORTHERN TERRITORY, male, active, 58, n/s, s/d, seeks large Taurean loving lady 54, central E/coast Qld. Very fond of animals. Re - friendship. WM (GR 109), PO Box 242, EUROA 3666.

OTHER

ACTIVE MAN, 45 yr, seeks lady to share work in several Asian countries. Write: PO Box 1166, CHARTERS TOWERS 4820.

PENPALS INTERNATIONAL. Details: PO Box 832, HAMILTON, Qld 4007.

PENFRIENDS OVERSEAS/AUSTRALIA. Please send SAE, PO Box 3311, WESTON 2611, AUSTRALIA.

FIJI INDIAN YOUNG WOMAN seeks Australian loving man for perm r/ship. I am outgoing, friendly & loving. Write to: Soni Goundar, PO Box 9684, NADI AIRPORT, FIJI.

SINGLE FILIPINA WOMAN, 33 yrs old, 5' tall, honest & home loving. Seeking a man for penfriend. View to possible r/ship. Contact: Malagros Sarabosing, 35 Block-B19, Lot 13, Phase 1, SIR, New Matina, Davao City, PHILIPPINES 8000.

Poetry

WHEN YOU WERE BORN

All night
cold westerly winds waged
frenzied onslaught against
the sturdy brick walls of your
Blue Mountains home.
As dawn appeared
pink-tinged streaks of light
crept across the awakening sky.
And the wind stilled
when you were born.
No harsh lights shone
on yellow painted delivery walls.
No touch of cold, impersonal hands
or the echo of hurried feet
disturbed your coming.
Instead
a poster woolly wombat sitting in the sun
looked on,
and a Beatrix Potter freize awaited your gaze
when you were born.
Warmth from blazing lights and glowing heaters
mingled with fragrant incense.
An air of peace filled your room
like a soothing lullaby
and waves of love flowed
into the hearts of those who
watched and waited
when you were born.
The rumble of a coal train
a drum-roll heralding your arrival,
raised the curtain of Sunday silence.
A cheeseboard of currawongs
added their morning litany
to the amplifying melody
of Spring
when you were born.
Your loved ones ended their vigil with sighs
and smiles and tears of joy
and bowed their heads in prayer
when you were born.
No need for you to struggle.
Your loving mum eased you gently from her womb
into the caring hands of your
waiting dad.
No words were needed.
Your eyes wide and blue said:
'I know you'
when you were born.

Heather Yates.

ODE TO MANURE

Pert Polly was a poet pure
Who shuddered at the word 'manure',
Evocative of equine waste
She viewed the matter with distaste,
Relying for her roses' health
On chemicals – applied by stealth.
She loved to potter in her plot
Which was a lovesome thing – God wot,
Composing verses, poems, rhyme
She certainly did not waste time,
But poisonous fumes from favourite rose
Affected Polly's skin and nose.
Then crept up into Polly's brain
And stopped the lovely, flowing train
Of thoughts and visions – some quite smart,
With which she stirred the nation's heart.
Then suddenly our heroine tough
Stopped using all that deadly stuff.
Now Polly's joined a pony club
She pays with smile her annual 'sub',
Enjoying a daily healthy trot
She's satisfied with what she's got,
A poet's mind that's clear and wise
Plus horse – her plot to fertilise.

Dorothy Bamforth.

AUTUMN TIMING

Somehow, the months have
pedalled fast and clocked
up years of mileage
and I look at the garden,
the pathways and know
that I must clock up
the sweat and energy
of weeding, clipping
shaping, till together
time and I can ride in
tandem,
leisurely.

Lorraine Marwood.

HAIKU

White bee-boxes sit
Like little bedside cupboards
With secret drawers

Diane Beckingham

RIVER FREE

River dirty, muddy brown,
Reeds entangled, chaos reigns.
Refuse gathering swirls around,
Nature's spirit broken and chained.
Dreams of people powerful yet,
Desirous that this small droplet
Of beauty blossoms, so that she
From this small seed
Sets our river free.

Phil Tyler.





Gumnut Gossip

by Megg Miller



Earlier in the year an article relating to self-sufficient lifestyles appeared in one of the daily papers. The article caught our attention because it painted a depressing picture of a way of life we believe can be enjoyable and both socially and economically sustaining. It related to a particular geographic area where unproductive farmland had been subdivided in the early eighties and marketed to low income families. Over the ensuing fifteen years some 1800 blocks from different subdivisions in the area had changed ownership once and often multiple times. The affordable prices attracted urban battlers keen for the opportunity to purchase their own 'farm' and many rushed to sign up without considering advantages and disadvantages or even caring if there were recognisable problems. As a result, a large number of buyers have seen their life savings gobbled up by the deposit and relocation expenses, leaving little spare cash for necessities like permanent housing and water storage. In most instances this shortage of money has been exacerbated by poor job prospects in an already economically strained community. Sadly, there appears to be few real alternatives to a life on welfare assistance.

What is scandalous about the situation is the lack of accountability shown by the developers. At the time the first subdivisions were carried out, developers had a free rein due to the absence of relevant bylaws and because local councils had no planning in place, nor proper understanding of the new settlers' needs. The result was that large tracts of rough farmland were snapped up at ridiculous prices and resold at a substantial profit. Not only were the eager buyers unfamiliar with the requirements of rural living they also lacked negotiation skills and experience in transactions of the magnitude of land or house purchase. And so the blocks they bought were too small to support any farming enterprise, too poor to consider for horticultural ventures, devoid of water (and in most instances a dam to store it), poorly serviced by dirt roads and power

facilities. With costs of around \$20,000 to hook up to mains power, electricity is a luxury beyond the means of the average, welfare-derived income.

It would be unfair to attribute the current situation entirely to the developers' behaviour or to the naivety and hasty actions of the buyers. The responsibility must lie somewhere in the middle with local community and governing bodies questioning their role and the type of support they provide today to a sector of their community that spends a substantial amount of money in local businesses.

We've felt great concern about the deprivation and loneliness these new settlers face, knowing already that setting up on land can be a hell of a job even under ideal conditions. While we appreciate that the cheapness of the blocks – between \$5000 and \$30,000 – presented a unique opportunity to own land, more time spent on the practical considerations may have resulted in happier outcomes. Can we be presumptuous and suggest *Grass Roots* readers take heed of the problems which can arise, and derive help from the resources in our magazine? Many of our readers have shared the pitfalls they encountered and made suggestions for avoiding them. Others offer the opportunity for home visits or letter writing and so more personal assistance. It may be too late for the land owners from the article to learn from others, but there is plenty of opportunity for GR folk to do their homework well and make their move a happy and successful one.

An article like the one I've been discussing leaves us questioning the effectiveness of our work. While we can assume many of the new settlers may never have heard of the magazine, surely some had read and used it. Or don't people gain from the personal stories and advice, make the recipes, create the crafts, try the handy hints and suggestions? Thus it was with relief that we opened a letter during this self-evaluation period and found a number of photos displaying homemade versions of projects featured in GR. 'My wife

Wendy made the shawl from No 102 with No 7 needles instead of No 17, as a local wool shop said there was no such size; it took her nearly two weeks to make. She liked it so much she made her matron of honour one as a thank you gift. Out of the same issue we also made the bed. It took a day once we got the materials, and an extra day to stain and varnish it. The base was made of chipboard instead of the pine slats, to give more support. And the grand total including stain and varnish was \$180 for the king size, and also included the quilt. Although I've only been reading the mag since issue 100 (a gift from Wendy's sister and boyfriend) I am writing to say thank you for a great magazine.' We want to thank Peter Eversen for reassuring us that we're providing useful information and not just bedtime reading.

We carefully choose the articles that are published, aiming for an interesting mix of hands-on information and personal experience. Feedback aptly reflects its name and we're always pleased to read of people using our advertisers or reporting back on reader response or a DIY success. Space doesn't permit us showing you the lovely shawl and bed that Wendy and Peter made, or the rows of dried herbs and spices that line their kitchen. We hope their partnership is blessed by a long future and that they continue working together with their hands as well as their hearts.

It seems to have been a heavy column this time, so it may be appropriate to finish off with an amusing story. When you turn to 'Down Home on the Farm' you'll read of an incident involving homemade cake and the cat. That's done with, I thought, when I finished the article. Recognising that it was about my turn to bring some morning tea, I made a seedy slice yesterday. When I placed the offering on the table there was a cautious silence, no one grabbing in the customary manner for their portion. After a minute or two Marg giggled nervously and said, 'Where was the cat?' I guess there are some things in life you never confess – cat nibbled cake is clearly one of them!

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